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THURSDAY, SEPTEMBER 16TH, 2010

Firefighter in a sweat over a half marathon!

A Cowbridge firefighter who is anxious to raise money for one of Britain's great causes, admits he is likely to be "sweating buckets" when he runs the Cardiff half-marathon in full kit!

Ryan Cridland told The GEM: "I'm probably the only person on October 17 who hopes it is a freezing day!

"Some of my colleagues who ran a couple of miles in kit for a Comic Relief event said it was unbearable!"

The 22-year-old, who has been a retained firefighter for the last 12 months, is to raise funds for the Firefighters' charity, which helps the service's men and women, and families when they need support.

"The Firefighters charity is great national cause for firemen who are injured and need help or assistance.

"It also has residential homes across the country with rehabilitation services, and helps the families of those who have lost their lives."

Ryan admits he is looking forward to the 13.5 miles of the Cardiff half marathon with some trepidation.

"I know it will be a real challenge and I'm expecting to sweat buckets.

"I'll be in full firefighting kit, including my helmet. My only concession is that I will be wearing running shoes, because it would be impractical to wear the protective fire boots.

"I have been putting in quite a bit of training over the last few weeks to prepare myself for the run."

Ryan, a keen rugby player and sportsman, is hoping the Cowbridge community will support him. If readers would like details of how to sponsor him, they can call him on 01446 772192.

ABOVE: Ryan Cridland will be running a half marathon in full fire fighting kit – his only concession will be to wear running shoes on the day of the event.

Council offers 'reprieve' over Remembrance Day parades

by PHILIP IRWIN

THE Vale Council believes that it has found a way to cut through red tape that was threatening events such as Remembrance Day parades.

After South Wales Police decided to withdraw officers from 'rolling road' closure duties, it placed local councils in a position where they would have been forced to charge the organisers of events.

This came about because council officers have no legal powers to close roads without a statutory notice being published in the press, warning of the closure.

It was the cost of the bilingual notice that, said the council, would have had to be passed on to the organisers.

The reaction from organisers of Remembrance Day parades was furious, but the council now believes that it has found the answer in an Act drafted in 1847.

In a letter to The GEM, (*see page 7*) Miles Punter, the head of visible services at the Vale Council, has explained that under Section 21 of the Town Police Clauses Act 1847, there is still a "necessity to consult interested parties prior to any road closure", but it can be done without a notice in the press.

The news, just eight weeks before Remembrance Day, should come as a relief to the Royal British Legion, but the organisers of other events, such as the Cowbridge Reindeer Parade, cannot breathe a sigh of relief just yet.

Mr Punter says in his letter: "The arrangements for other road closures for community events are currently under consideration, though it is unlikely that the council will be able to rely on the same legal provisions in all other cases.

"Also, certain larger events will attract traffic management fees for signs and other expenses, which has been the case in the past."

Evidence yet to be called in case against police

EVIDENCE has yet to be called in the case at Cardiff County Court in which the Vale 'Flying Vet' Maurice Kirk, is suing the South Wales Police..

If the case goes ahead, it is scheduled to last 10 weeks, with costs of up to £800,000.

Mr Kirk, 65, who lives in Barry and Brittany, is alleging that a conspiracy existed against him, dating back to 1993.

On one day this week, Mr Kirk was unable to attend court because he was feeling unwell.

Judge Anthony Seys-Llewellyn said: "He is in the passenger seat of a car outside the building. The court clerk has spoken to him and he has indicated he is extremely unwell, and could not reach the courtroom to deal with the matters."

South Wales Police deny Mr Kirk's allegations.

Their counsel, Lloyd Williams QC, has begun putting forward complex legal arguments and points as to whether such allegations can be heard.

At one stage, Mr Kirk had requested an adjournment because of his ill health. He later said he wished to withdraw this request, but the judge said it would nevertheless be considered.

Mr Kirk has complained that he had not received relevant correspondence and full disclosure concerning the case.

He said he had made 40 crown court appearances but had continually been refused details of the court log.

On a number of occasions in the county court hearing, Mr Kirk has made outbursts and has repeatedly been told to sit down by the judge.

The judge said that the matter of whether the case is "achievable" had yet to be considered.

AJ SICLUNA

A poignant sunset ceremony at St Athan as the Vale joins in remembering the Few.
(See report and pictures on page 4).

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'Let's breathe new life into Rhoose village'

MY family and I have lived in Rhoose for over 30 years and during this time we have seen the demise of facilities that other villages of a similar size enjoy – no bank, no petrol station, no bread shop, no greengrocer, fishmonger, etc.

Conversely, during these years there has been a huge increase in residential building and population with no (although always promised), new commercial developments or facilities to cope with this extension.

The primary school has had to undergo numerous extensions to enable it to cope with the increasing population of Rhoose.

In all this time there has been no outcry or petitions from the existing stores in Rhoose about the closure of any of these facilities/shops, who are now up in arms about Tesco. I wonder why?

For the first time in years, there is (hopefully) going to be a new commercial venture promising jobs and convenience to the people of Rhoose; in particular I would say the people of Fontygary.

This will be a tremendous help for the majority of people in Rhoose and other businesses may not suffer. Rather, by having this convenience it may very well encourage people to shop more in Rhoose by using all the facilities there, including Tesco – rather than use the car to go to Barry or Llantwit Major.

I see this as a help to a lot of people who presently have to walk the length of Fontygary Road to get to the shops, convenience for visitors, young mothers and older people should benefit greatly from this. If it means people choosing not to take the car to shop, then it must be good for the environment and road safety, too.

As for traffic congestion, every week, 24 hours a day, a long line of cars, pickup trucks and the like, are parked outside the Vale Garage.

Usually, this line extends from the Mayflower bus stop, past the Vale Garage and right down past the entrance to Millburn Park.

This is a traffic hazard and it has been like this for years. No-one has complained about this as far as I know, so why complain about Tesco, which will have off-road parking?

The latest article in last week's GEM of a 1,000-people petition against this store shows undoubted concern, but Rhoose must have almost 5,000 people living here, so the majority must have no objection.

What has happened to democracy?

Come on, let's breathe some new life into this lovely village and for once in many years, welcome a new store in Rhoose!

Gwyn Jones, Rhoose

Winner's thanks

THANK you for the set of Olympic stamps won in your recent competition.

Our grandson will be pleased with them, as he has just started off in the world of stamp collecting!

Louise Good, Sully

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THE COLUMN YOU WRITE

Readers' Letters

We reserve the right to edit all letters. We do NOT accept anonymous mail. Letters and emails MUST include full address and a contact telephone number. An email address alone is not sufficient. We will (*in certain circumstances*), protect a writer's identity, if requested. Please keep your letters BRIEF and address them to: The Editor, Glamorgan GEM Ltd, Graig House, 53 Eastgate, Cowbridge CF71 7EL.

FRIENDS OF THE EARTH POINT TO...

'Soaring costs and illusory jobs of defence college'

THE jump in costs of the St Athan project from £12bn to £14bn in two years from September 2008 is not simple inflation.

The Defence Minister answered in the Commons on September 6) that the increase is due to a rise in costs of finance and increased provision for risk, as well as a changed assumption on inflation.

Both financier charges and the 'risk' premium are special to the privatisation option, so keeping training within the MoD (on the Cosford and/or Blandford bases) might now be cheaper.

Critics of the St Athan Defence College are hopeful that the Defence Review will genuinely assess changing to the latter option.

Critics have established that the promise of jobs is illusory, because most of the 3000 now claimed by Metrix will be transferees.

Barry Friends of the Earth point out that the transfers will bring in many job-seeking spouses and family members. The estimated job-seekers far outnumber the few hundred available jobs in cleaning, maintenance, transport and catering.

Of course, spin-off benefits in spending and temporary construction jobs can be claimed, offset against burdens on services and in road traffic.

But when defence spending is set for severe cuts, can Alun Cairns MP still claim that this costly private training college should take priority?

Will Alun cancel the dinner for Metrix that he is sponsoring at the Tory Party conference?

Max Wallis, Barry & Vale Friends of the Earth

WANTED: volunteers for Poppy Appeal

WE are asking for volunteers for this year's Poppy Appeal, starting on Saturday, October 30.

Anyone who wishes to help, should contact me at the Bridgend branch, Royal British Legion c/o 3 Bryn-Deri, Bridgend CF31 4EH, or by telephone on 01656 669988.

Anyone who would like to order a wreath, or larger poppies for vans, lorries and buses, should get in touch as soon as possible.

Andrew Reekie, Hon Secretary, Bridgend branch, Royal British Legion.

Showcase for best of Barry

I WOULD like to congratulate everyone involved with the Barry Waterfront Festival which was reported exceptionally well in last week's GEM.

I have heard from many people who attended that it was a wonderful event which was a great success.

Unfortunately, I was unable to be present because I was involved in a charity cycle ride to London over that weekend to raise money for a local cause linked to a family in my son's school.

I would particularly have wished to attend the service on Sunday morning, but was unable to get back from London in time.

This festival is a fantastic draw to the town from neighbouring areas and is a showcase for the best that Barry has to offer. Long may it continue and congratulations to all organisers and helpers.

Alun Cairns, MP for theVale of Glamorgan

Perils of the airport £1 drop-off charge!

FURTHER to the letters on the subject of a £1 drop-off fee at Cardiff Airport, I would like to share my farcical experience on a quiet Sunday afternoon, when I dropped my husband off on his way to Ireland.

We noticed the flashing signs saying '*£1 drop off fee*' which we thought was a bit much, but once you are in the designated lane, there is no turning back.

However, the sign did not say '£1 coin only', so when my husband got out and I drove to the exit barrier, I found I did not have a £1 coin in my purse.

There is no attendant at the barrier, so I had to reverse and stop in a no parking area while I ran into the airport for help.

There are no shops, so a man at the special assistance desk gave me change out of his own pocket, but informed me there were change machines upstairs.

By now, the tannoy was announcing the number plate of my car being illegally parked and I returned to find two security men circling the car with their walkie-talkies.

As our large dog was in the back, I assumed they would have realised the car had not been totally abandoned.

What if I had not taken any money? There was no-one around to help when there are signs saying '*do not leave your car unattended*', so I was forced to go into the terminal building.

As for the change machines being upstairs, that in itself seems ludicrous, as it would have taken me longer to find a £1 coin and I would have been away from the vehicle for longer!

Lynne Healey, Barry

HIGH TIDE TIMES

(UNTIL SEPTEMBER 23)

The high tides listed in this week's GEM are those in Porthcawl. It should be remembered that along the coast, high tide times will vary. For instance, in Barry, the high point will be 20 – 25 minutes later.

DATE	Time AM	Ht M	Time PM	Ht M
16 Thur	00.17	8.3	12.58	7.6
17 Fri	01.52	7.2	14.39	7.5
18 Sat	03.31	7.3	16.09	7.7
19 Sun	04.42	7.8	17.02	8.3
20 Mon	05.22	8.3	17.47	8.8
21 Tues	06.06	8.8	18.29	9.2
22 Wed	06.45	9.1	19.01	9.4
23 Thur	07.18	9.3	19.28	9.6

While The GEM makes every effort to check the accuracy of tide tables, we recommend that anyone putting out to sea, or walking in an area where they could be cut off, should always check with a tide tablespecific to their location.

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National Drugs Helpline **0800 776600**
DASH **01656 650686**
SSAFA – Forces Help 01656 785435
RAF Association Welfare Officer 01495 249522/01446 740522
SAMARITANS (emotional support) **01656 662333**
VALE WOMEN'S AID 01446 744755
MENTAL DISTRESS
(Mental Health Matters) **01656 767045**
MIND in the Vale of Glamorgan
01446 730792 or www.mindinthevale.org.uk
CHILDLINE 0800 1111
Rape Crisis Centre 08451 221331.
RSPCA 0300 123 0744. MIND 01446 746191.
NSPCC 0808 800 5000.
Inroads Drugs Project 01446 404040.
Vale Victim & Witness Support - 01446 730704.

MP /AM's SURGERIES

To make a surgery appointment with Alun Cairns MP, contact the constituency office 01446 403814.
To make a surgery appointment with Jane Hutt AM, contact the constituency office (01446) 740981.

CITIZENS' ADVICE

At 119 Broad Street, Barry) (Telephone 0844 477 2020 for other Vale office opening times).

EMERGENCY SERVICES

Gas - Gas emergency number 0800 111999.
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To report a fly tipping incident - 01446 700111.

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TOWN HALL CEILIDH HELPS FLOOD APPEAL

Dick and Hawys Pritchard, Linda Osborn, Moira Thomas are pictured above serving locally-produced samosas.

COWBRIDGE Town Hall came alive with music and dance at the Ceilidh organised by Fairtrade and Transition Cowbridge.

The fundraising effort was a great success and raised £1,005.68 for the Pakistan Flood Appeal.

DK

RIGHT: Beverly Tonkin and Karen Fletcher-Peters running the Fairtrade bar.

Family fun at Food Festival

THE Cowbridge Food and Drink Festival – on October 30 and 31 – is fast approaching and a great weekend of entertainment is being laid on for the whole family.

As well as the usual treats in the exhibition marquees and at the demos, activities will also be running at various venues around Cowbridge.

"This year, we are very excited to be trying out something new by working with Barefoot Studio in creating the 'Entertainment Zone' in their car park. We are holding a programme of workshops and performances suitable for every age group, all free of charge," explained event manager Polly Wilson.

These activities run from 10am to 4pm both days and include Punch and Judy and magic shows, as well as drumming and circus workshops. *A full timetable is available at www.cowbridgefoodanddrink.org.*

"The Kids' Zone in the Lesser Hall again offers free face painting as well as a great range of craft activities and competitions. A new local company, HoneyBee Bakery, are bringing their delicious cupcakes for children to decorate, either to eat there and then, or to enter Saturday's cake decorating competition.

"Other crafts on offer include jewellery making, Halloween mask and card making, plus plain bunting triangles will be available to decorate for the festival to string together for use in 2011 and beyond!

"On Sunday, October 31 (Halloween of course) the festival organisers are judging the Pumpkin Lantern Competition.

"Entertainers will again be meandering around Cowbridge for your delight, including magicians, balloon modellers, guitars, fiddle with drums and an amazing brass combo playing funk, jazz, Latin and soul.

"It will be a great weekend for all!"

Full timings and details of performers, activities and competitions are available at www.cowbridge-foodanddrink.org.

Keep watching The GEM for regular updates and a special feature on this excellent local event.

Vale AM 'inspired' by St Brides school

ABOVE: Jane Hutt AM, Mrs Matthews and year-6 pupils at St Brides Major School.

VALE AM, Jane Hutt, visited St Brides Major Church in Wales Primary School at the start of the new school term to congratulate the school on its successes.

She joined their morning assembly and was taken on a tour of the school by acting head teacher, Mrs Matthews, and pupils from year-6.

Jane Hutt said: "This was an inspiring visit to St Bride's Major Church in Wales which I thoroughly enjoyed, joining their school worship and touring the classes and wonderful gardens.

"Outdoor learning is a major feature of this school and it was good to see the new outdoor canopy for the reception class. Congratulations to St Brides Major School for all they achieve."

COMMUNITY NEWS

TREOES, LLANGAN & ST MARY HILL

Your local correspondent is Nancy Davidge, "Tynewydd", Llangan. (01656) 860303

Community Council

AT the recent Llangan Community meeting, councillors were amazed to learn the committee of the Treoes community hall had resigned.

The reason give, the lack of support by the local community for any activity which had been organised at the hall.

Much has been achieved over the past months in the hall, a bar for the benefit of party-goers, a kitchen update and a disabled toilet.

The hall trustees will endeavour to carry on running the hall until a new committee is formed.

Planning

MR Rhys Arthur – **2 Llys Ty Mawr, Treoes** – single storey extension.

Ty Mawr Cottage, Llangan – retrospective roof alterations and proposed boundary walls.

Grass cutting

IT was agreed to pay Basil George for cutting the grass at the George V field and also for cutting around the stones which border the field.

The sum of £65 was paid to A2Z Locksmith for providing a new lock and key for the entrance gate to the field.

Petty thieves have been active in and around the three villages.

Forthcoming events

ST Mary Hill community hall:

September 18, pop night with skittles and pool table.

September 30, book sale in the morning 9.30am to 11.30am.

October 28, Halloween children's art and craft.

October 30, Halloween party at 7.30pm (adults).

November 27, Fish and chip supper for the retired residents of Llangan. Entertainment – organist/comic, more news on this at a later date.

St Canna's Church, Llangan

THIS year's celebration of harvest will take place on Sunday, September 26 at 6.30pm. Everyone is welcome at this service.

There will be no family service at 11.15am this Sunday.

Saron Chapel, Treoes

THIS year's harvest festival service was well attended, as always it was a time to meet friends and neighbours.

Reminder

NEXT Sunday, September 19, a service will be held at St Mary Hill Church, followed by harvest supper in the village hall. Please telephone Mrs Mary Lloyd for tickets to the supper.

'Business rate relief too late' says MP

NEWS that the Assembly is to increase the rate relief for small businesses has been welcomed by Vale MP Alun Cairns - but he warned that it could be too little too late.

"Unfortunately, the Welsh Assembly Government failed to heed the warnings from myself and other Conservative AM's about the need to defer the revaluation of rateable values in Wales until the economy was stronger," he claimed.

"They pressed ahead and this, coupled with increases in the actual rate in the pound being charged, has hit businesses very hard.

"The news that there will be increased business rate relief from October 1 until September 2011 is welcome but it has come too late for those small businesses which have closed and for their employees," Mr Cairns stated.

He warned that the failure of small businesses hit high streets hard, reducing choice for shoppers and often leaving empty, boarded up shops which reduce the vitality of shopping centres and give them a negative image.

Big Screen back – with 14 titles!

BIG Screen's trusty volunteers bring you another season of top class films for your delectation!

This will be our seventh year of showing films in Cowbridge Town Hall thanks to support from the town and Vale councils.

This year, there will be 14 films beginning with *The Last Station* (Cert 15) on Thursday, September 23 at 7.30pm. This is a moving film about the last days of the great Russian novelist Leo Tolstoy, played by Christopher Plummer.

In his rural retreat, all are trying to manipulate him in different directions. His wife (Helen Mirren) wants to inherit his works, but others around him, such as Chertkov (Paul Giamatti) believe they should be left to the Russian people.

James McEvoy, as his secretary, treads a difficult and delicate path between the two warring sides.

Subsequent films before Christmas include two British new releases: *From time to time* (Cert U, November 25) featuring a whole host of British stars (Maggie Smith, Timothy Spall, Hugh Bonneville et al) in a film based on the Children of Green Knowe stories and *Tamara Drewe* (Cert 12A, December 9) by Stephen Frears and Posy Simmons and developed from her Guardian cartoon.

In October, we will show *Invictus* (Cert 12A), Clint Eastwood's film about multiracial rugby in South Africa, starring Morgan Freeman as Nelson Mandela.

Tickets are still £3 – your inflation-proof cinema! On the door or in advance from the Town Clerk's office. Films start at 7.30pm, doors open 7.10pm. Ice creams in the interval!

Dick Buswell
Secretary, Big Screen

COFFEE MORNING

THERE will be a coffee morning in the Fox and Hounds at Llancarfan, in aid of the Macmillan cancer charity on Friday, September 24 from 10am.

"We hope that as many people as possible will support this very worthy cause," a spokesman said.

LIONS' FREE DIABETES SCREENINGS

THE Lions clubs in the UK have been working with both Lloyds Pharmacy and Diabetes UK for many years to help with the early diagnosis of diabetes within the population.

In line with this programme, the Llantwit Major and Cowbridge Lions Club will be holding a free diabetes screening session at the Llantonian Hall in Llantwit Major on Saturday, September 25 between 10am–12.30pm.

The tests are carried out by fully-qualified nurses and are completely confidential; anyone having a positive test result will then be advised to visit their GP for further tests.

Those coming along for a test are advised not to eat or drink anything, other than water, for about two hours before the test as this can affect the results.

Typically, between 70–100 people attend these sessions, with many of them returning each year as part of a regular health check-up; so why not come along and become one of the club's regular visitors?

On the same date, the club will also be holding one of its book sales outside Lloyds Bank in Llantwit Major between 10am–4pm. If you wish to donate any books where 100 per cent of the funds raised will go to help good causes, please contact the club on the number below.

For more information about the Lions or details of events, visit the club's website at www.llantwitmajorandcowbridgelions.org.uk, or contact 0845 8336763.

DAVE EDWARDS

Museum seeks a volunteer

THE trustees are seeking a volunteer to look after the museum.

Staffed by volunteers, it is in the prison cells within the town hall and is open on the first Saturday of each month.

While a love of history is important, the duties are primarily managerial.

If interested, please contact David Williams on 01446 775472 for further details.

Town council opens doors to the public

ON Saturday, September 25, Cowbridge with Llanblethian Town Council is again participating in the annual 'Open Doors' scheme, organised by the Civic Trust for Wales, to give the public free access to new and exciting aspects of the built heritage.

The council chamber, Mayor's parlour and museum, all located in the Town Hall, will be open to the public between 11am and 4pm.

Town clerk Andrew Davies commented: "The museum is housed in the former prison cells and normally opens to the public on the first Saturday of each month.

"Each of the cells and cell corridors is full of historical items and displays. A number of the cells have been refurbished to allow full appreciation of the exhibits and information displayed."

This year, in the council chamber, a replica of the town stocks will be on display and there will be an 'Identify the Object' quiz.

In the Mayor's parlour, the civic robes, chains and other regalia will be displayed that are normally worn at civic functions held throughout the town council's calendar.

More than 170 properties will be open across Wales during the European Heritage Days Weekend, among hundreds in the British Isles and thousands across Europe.

Full information can be found on the Internet at: www.civictrustwales.org or www.heritagedays.net

Milsom House Nursing Home, St Athan

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RECEPTION THANKS COMMUNITY

A poignant sunset MoD ceremony remembers the Few

ABOVE: Wing Commander Jones and Mrs Jones with Rev Dr Harvey and Mrs Harvey.

ON Thursday, September 9, the Commanding Officer MoD St Athan, Commodore Anthony King RN, and joint Services Officers hosted their annual reception to thank the community for the support that they have shown the military throughout the year.

This year, they were joined by guests from across the Vale of Glamorgan and beyond, including Alun Cairns, MP for the Vale, the Mayor of the Vale, Coun Colin Osborne, and Leader of the Vale Council, Coun Gordon Kemp.

Also in attendance were the High Sheriffs of South and Mid Glamorgan, Mrs Anne Campbell and Miss Beverly Humphreys, together with local dignitaries and council members.

The reception was held by the RAF to coincide with the anniversary of the Battle of Britain and with 2010 being the 70th anniversary of the Battle of Britain, the emphasis was indeed on air power of the past.

Even though MoD St Athan is now a fully integrated tri-Service unit, the tradition of holding the event in September has always remained, but this year was special.

ABOVE: Parade Commander, Flt Lt Bryony Robinson with members of No 4 SofTT.

Commanding Officer, No 4 School of Technical Training and Senior RAF Officer (at St Athan), Wing Commander Lyndon Jones said: "The Royal Air Force has a long history here at St Athan and many of the Spitfire pilots who took part in the Battle of Britain were trained in south Wales at Llandow.

"To be able to commemorate this anniversary is as important today as it was at the end of the battle in 1940. To quote the Prime Minister of the day: *'Never was so much owed by so many to so few'*. By marking this event, we can ensure that the memories of the RAF pilots and their teams to whom we owe so much live on."

The evening concluded with the officers escorting their guests to the front of the Mess, where they assembled on the steps to watch a Sunset Ceremony.

As the flag was lowered, two aircraft flew towards the setting sun. As they approached the Mess, one banked left, the other right, and for a second there was a glint of sunlight on the underside of the aircraft.

On the ground a ceremonial march past of Royal Air Force trainees from No 4 School of Technical Training, led by parade commander, Flight Lieutenant Bryony Robinson, took place and the salute was taken by the overall Commanding Officer, Commodore King.

The RAF St Athan Voluntary Band provided the musical accompaniment which made the ceremony complete.

Wing Commander Lyndon Jones, said: "It was a lovely evening and well attended. Following with the Royal Air Force traditions on these occasions, it was rewarding to see the trainees undertake their ceremonial duties with such pride."

The brief appearance of the aircraft was a poignant and visual reminder of the size and speed of the Spitfires of the past, and on this occasion they were flown by St Athan-based pilots, Officer Commanding the University of Wales Air Squadron, Squadron Leader Phil Atkinson, and Chief Flying Instructor, Flight Lieutenant Lee Gasson.

For Squadron Leader Atkinson, the moment was one to savour as he has been allocated a future posting and will be leaving St Athan at the end of this year.

ABOVE: Mr Doug Weidner, Chief Operating Officer of Metrix, Miss Beverley Humphreys, High Sheriff of Mid Glamorgan and Colonel Geoff Wright.

BRIDGE CLUB RESULTS

VALE of Glamorgan Bridge Club, Monday, September 6:

1st, Joan Jenkins and Tim Barsby 65.52 per cent; 2nd, Anne Hughes and John Edwards 62.25; 3rd, Terry Evans and Alan Lewis 60.43; 4th, Amy Owen and Dennis Smith 56.39; 5th, Tony Howarth and Gary Williams 55.79; 6th, Pat and Brian Swain 54.50.

Cowbridge and District Bridge Club, Club night, September 7:

1st, Pam Niggs and Joyce Birmingham 72.60 per cent; 2nd, Barbara and Colin Easterbrook 67.47; 3rd, Marian East and Pauline McAllen 63.33; 4th, Pat and Brian Swain 59.63; 5th, Amy Owen and Margaret Bancroft 58.47; 6th, Teri Pollard and David Wright 54.17.

Please note that the AGM will be held at 7.15pm on Tuesday, September 21, followed with party bridge for members.

BS

Buses and trains pose problems for the blind

PLAID Cymru AM Chris Franks has raised problems faced by blind and partially sighted people on public transport after a meeting with Vale of Glamorgan RNIB Cymru.

Chris Franks is pictured (third right) with the Vale group at the meeting.

The regional AM for South Wales Central, who has written to Arriva Trains and First Buses following the meeting, said:

"I have raised with Arriva Trains the issue of gaps between the carriages and platforms which make it difficult to get in and out easily if you are blind.

"There is also a problem with station access.

"Although most workers are helpful, unfortunately some of my constituents have found that some staff do not appreciate the challenges faced when going on trains. These can include double booking of reserved seats, automatic ticket schemes and difficulties in finding buttons to open carriage doors.

"Plaid has also raised issues with First Buses regarding their services.

" The 88 and 89 number buses that travel through Penarth miss stops occasionally whichcauses problems for blind people who can not hail a bus."

"It should be remembered that across Wales, 60 per cent of people with sight problems, about 70,000 people, never go out alone, due to difficulties with the pedestrian environment and public transport. I know Deputy First Minister and Plaid Transport Minister Ieuan Wyn Jones is committed to ensuring more people use public transport.

"Progress has been made, but more could be done to make public transport safer for people with sight problems, like the lack of audio announcements on buses."

Charity reunion of unsung heroines!

LAST Friday, I joined 16 other ladies for what is a fairly loose annual get-together lunch in one of Cowbridge's marvellous pubs.

There should have been about 24 of us, but for various reasons (mostly family commitments), we arrived at the above number.

It was a lovely occasion, with the usual laughter and exchange of the latest news. All of us now find ourselves redundant, as the local charity shop at which we had all given our services is considering closing down.

Whilst I tucked into my delicious haddock, mushy peas and chips, it occured to me that the roomful of truly nice ladies deserved some sort of recognition - not me, because I am the shortest-serving member of the group.

I mused on how many years they had given of their time, effort and sometimes ingenuity, to raise what must have been a huge amount of money in a tiny shop.

I asked each of them how long they had "helped out" (their words, not mine), and I arrived at the almost unbelievable total of some 210 years - and that's only the ladies who were present!

I am now considering how I might get this motley collection into the New Year's Honours List... but what a waste of knowledge and talent.

I think we can ill afford to throw away people like them, in a world that needs people who don't look for reward - merely for respect.

GM Bell, Cardiff Bay

Litter in Cowbridge

I REFER to the letter from Coun Jon Harris in The GEM on September 9, and regret that part of my e-mail of September 2 was missing and should have referred to the Vale Council only.

The Town Council do endeavour to raise matters relating to Cowbridge and act in a very limited way to matters around the town.

If Coun Harris refers to my article on August 5, 'Questions to answer in Cowbridge', he will realise that many areas do require attention.

Now others have arisen to add to the list, particularly the lower school site, which has remained in an appalling state since the removal of the newest buildings nearly two months ago. It now also contains litter thrown or left there over the period, plus damage to the windows of the gymnasium buildings.

Further garden litter has appeared in the Old Hall gardens for some time.

Finally, if I was at least 25 years younger and not involved as chairman of two Cowbridge clubs, plus the Wales area of 'Aviva Fellowship Pensioners Association', I would be delighted to sit on the Town Council and work for the benefit of our lovely town.

Brian Swain, Cowbridge

SCOUTS' JUMBLE

THE Cowbridge Scouts' annual jumble sale will be held in their hall on Saturday, September 25, from 10.30am-12.30pm. Entrance 50p.

Church meetings

THE United Free Church in Westgate, Cowbridge is undergoing renovation work and will not be able to be used until mid-November.

Services and meetings will still be taking place in the hall at the side of the church, and Noah's Place will be open as usual from Monday to Saturday between 10.30am - 12 noon.

The Ironmonger's Tale is related at a WI meeting

BOVERTON WI meeting heard that the tea party and silent auction held in July was a great success, with some of the money raised paying for the postage on the baby vests being sent to a hospital in Uganda.

Over 200 vests have been knitted, which is quite an achievement.

We were represented at the civic service by Liz Gabb and Wendy Hart who also, with Lynda, did the beautiful arrangement for the flower festival.

The arrangement later went to a member who had been in hospital.

We then had a very interesting talk by Victoria Price, who is the great-granddaughter of James Henry Leeke, founder of the Leekes department stores.

James Henry started as a blacksmith in Herefordshire, moved to south Wales and started his builders merchants' business with his wife in the front room of their terraced house in Tonypandy.

The business grew, but it wasn't until 1974 that they started employing outside of the family. The present store in Talbot Green was opened in 1977, and together with their other sites they now employ 1,200 staff.

After starting the firm's squash team and being instrumental in bringing the British Open Squash Championships to Wales in 1995 for the first time, Leekes then went on to open the Vale Hotel and Leisure complex and are now developing Hensol Castle as a sports and leisure complex.

Victoria is promoting the book her father David wrote about the family firm and is giving all the proceeds to cancer research.

Two of our members, Dawn Howles and Colleen Tombs are running a half marathon in aid of the Alzheimer's Society and there will be a cake stall at the next meeting on October 8 at 7.30pm to help them raise funds.

The speaker will be Sarah Bishop on 'A Crafty Christmas, (in more ways than one)'

Visitors and new members will be very welcome. **AC**

VALE ARTISTS' EXHIBITION IS OPEN AT DYFFRYN GARDENS' NEW HALL

PHOTOGRAPHS by GLYN EVANS

Other pictures are available from this event.

Pictures can be purchased by contacting:
e-mail glynevans01@tiscali.co.uk
telephone 01446 773225.
Visit our studio in the Wool Barn, Verity's Court, Cowbridge.

CROWDS flocked to Dyffryn Gardens' recent 'Open Doors' weekend, with up to 3,000 visitors on Sunday, September 12.

One attraction was the art exhibition byVale of Glamorgan Artists (VOGA), officially opened on Friday, September 10, by Dan Clayton Jones, chair of the Heritage Lottery Fund Wales Committee.

In his opening address, he praised the restoration work of this 'uniquely complete' example of the work of Edwardian landscape architect Thomas Mawson.

The curator of Dyffryn Gardens, Gerry Donovan, said that in recent years the Heritage Lottery Fund had given two grants to Dyffryn, totalling £6.5 million pounds for new buildings (now on site) and for the restoration of the gardens.

This is now entering its final phase, with the reconstruction of the glass houses over the coming year She added that new proposals are currently being discussed to seek further funding for the restoration of Dyffryn house itself.

Finally, to Paul Baker, chair of VOGA, she expressed her appreciation for the exhibition of paintings, drawings, prints and sculptures by 14 artists, whose work has been inspired by the gardens during the past year.

The exhibition will remain on view at Dyffryn until October 10.

For more information about VOGA, visit www.voga.org.uk

Paul Baker, Gerry Donovan and Dan Clayton Jones at the opening of the Dyffryn art exhibition.

Fleece into yarn
...the mystery unfolds

THE Bont Faen WI's mystery trip took place on a rainy Saturday in August when we set off west – down the M4 to the National Woollen Museum near Newcastle Emlyn.

Members had time for a coffee break in the bright, modern café and then were invited for a tour of the museum.

Knowledgeable staff showed the journey a fleece takes to be made into yarn and then Welsh flannel. Our guides worked the machinery and members could have an idea of how noisy and dangerous conditions were for workers when the mill was working at full capacity in the 1920s.

The quantity of flannel made at that time was amazing, with more than 20 mills and thousands of workers employed.

The afternoon was spent in Aberaeron, known for its pretty coloured cottages and harbour.

We meet this evening – September 16 at 8pm – in the Lesser Hall, Cowbridge with a talk by Jonathan Berry of Cadw. New members and visitors welcome.

DS

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HOLOCAUST MEMORIAL DAY:

Council urges residents: 'Tell us your untold stories and share them'

THE Vale Council is asking local people to share their untold stories – to help mark Holocaust Memorial Day 2011.

Stories can be told in any format, including written and visual art.

Tracey Harding, the council's arts development officer, said: "Under the Holocaust Memorial Day Trust's theme of 'Untold Stories', all ages are invited to take part in a creative arts project to discover new and old 'Untold Stories'."

Individuals and groups can submit an art work in any style. This can include a piece of writing, a poem, a short film or filmed performance, a painting, a photograph, a song or a combination of art forms that tells the story in a unique way.

She said: "The story can be about the Holocaust, or one of the World Wars, but it doesn't have to be. It can be about something significant in history, where you live, a story about someone who has been brave, acted in a humane manner, has helped someone and has made a difference to people's lives – they don't have to be famous."

Councils across Wales are also asking their residents to submit 'Untold Stories' some of which will be chosen to form part of a national exhibition at Barry's Art Central gallery to create a national legacy for Wales.

Closing date for submissions in the Vale is Friday, October 29, to be displayed in Art Central throughout November and December.

Some of the works will then be exhibited throughout January and February 2011 as part of the national exhibition, with the aim of finally moving the exhibition to other venues and touring throughout Wales. Work must be presented so that it can be hung or displayed in a gallery.

For further information, visit www.vale-ofglamorgan.gov.uk or contact Tracey Harding Arts Development Officer at TCHarding@vale-ofglamorgan.gov.uk

Courtenay sings for charity supper

THE Vale's very own Miss Wales, Courtenay Hamilton, has helped generate £100,000 for charity in one of her final public appearances before jetting off to Miss World.

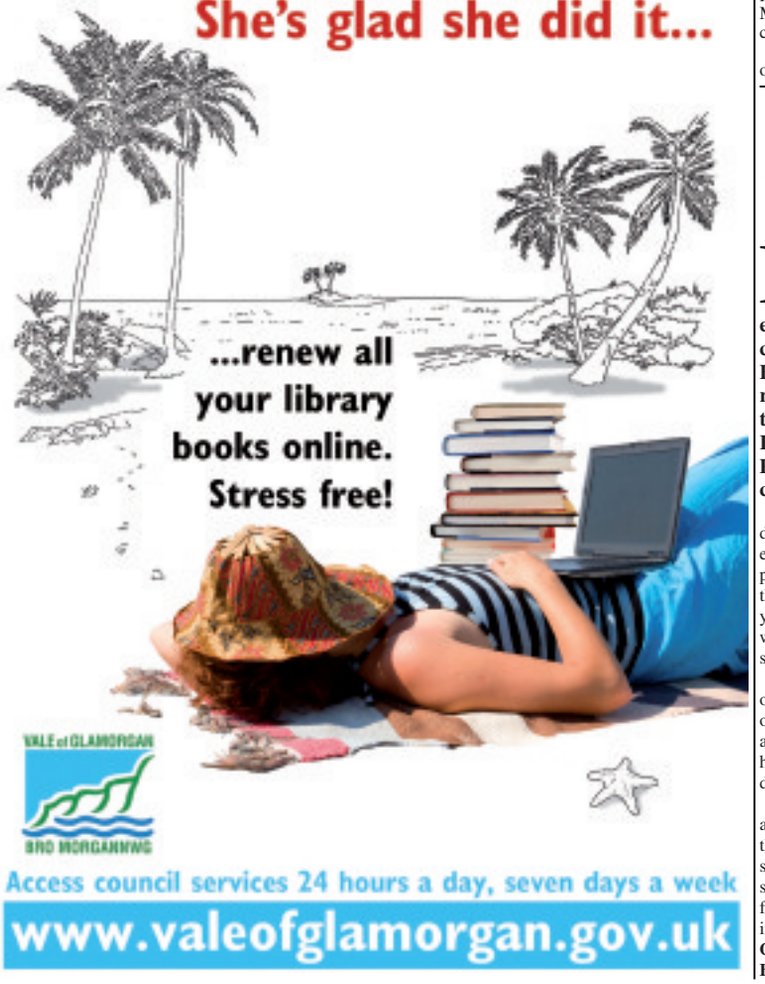
Courtenay joined some of the other most beautiful women in the country, including newly-crowned Miss England 2010, Jessica Linley, and Miss Universe Great Britain, Tara Hoyos-Martinez, as special guests at the official launch of the Hemraj Goyal Foundation in the Radisson Edwardian Hotel, Heathrow, on Saturday evening.

The foundation is planning to raise a minimum of £100,000 for Ekal Vidyalaya – a charitable trust that initiates, supports, and runs informal schools all over rural villages in India.

The three beauty queens joined 300 other guests at a lavish ball at the five star hotel, which was compered by Hardeep Kohli.

Classical singer Courtenay sang for guests at the launch. She said: "Singing is my passion and so it was wonderful to be able to put this to good use as part of the Miss World commitment to 'Beauty with A Purpose'."

She added: "Next month, Miss England and I fly to China to take part in the Miss World finals. It's great to be able to get to work together and get to know each other a little bit before we jet off."



MP IN A CHARITY BIKE RIDE TO WESTMINSTER

A GROUP of Cowbridge dads have just cycled to Westminster to raise £2,000 to help another father who is suffering from degenerative heart disease.

The successful charity challenge, which featured Vale MP Alun Cairns, was organised by fathers of pupils at Ysgol Iolo Morganwg in Cowbridge.

It was staged to raise funds for the Cardiomyopathy Association. James' son Will Fishlock is a pupil at Ysgol Iolo, and is helping to raise money for research into this illness.

The monies that the group have raised on their sponsored cycle ride will also be match-funded by a £750 donation from Barclays Bank.

The fathers set off from Bristol Parkway and cycled the 131 miles along the old A road to London, breaking their journey overnight at Windsor and then onto Westminster, arriving by lunchtime last Saturday at Big Ben.

The group has undertaken challenging cycle rides before and previously raised funds for the local Cylch Meithrin y Bontfaen charity.

The group consisted of Alun Cairns, John Howkins, Phil Williams, Michael Burne, Owain Saunders Jones and Gerallt Jones. They were met in London by their wives and the group then enjoyed a guided tour of Parliament.

Alun Cairns said: "It was a difficult ride and I must admit to being a little sore here and there! The stretch between Bristol and Chippenham seemed as steep as riding over the Brecon Beacons but it was all worthwhile for a cause that is very close to us."

If you'd like to pledge your support to this very worthy cause, you can do so online at www.justgiving.com/james-fishlock

ABOVE: The cycling dads pose in front of Big Ben. Left to right: Owain Saunders Jones, Gerallt Jones, Phil Williams, Alun Cairns MP, Michael Burne and John Howkins.

Charge to the Legion would have been wrong

IT is difficult to believe that the Vale Council ever considered charging the Royal British Legion a road closure fee so that the traditional Remembrance Day Parade in Barry could take place.

This contemptible decision (since rescinded) is an insult to the people of Barry and to the memories of the young men of the town who made the ultimate sacrifice.

The media coverage of the 70th anniversary of the Battle of Britain and the Blitz seemed to have passed by our decision makers.

The people of Barry are entitled to expect that their elected representatives make decisions that are intelligent, fair, and reflect their interests.

Gareth Jones,
Barry

VALE MP's VIEWPOINT

Giving veterans the respect that they deserve...

LAST Sunday, I had the privilege of paying tribute and respect to those who served in the Battle of Britain conflict 70 years ago.

Vale MP Alun Cairns reports to GEM readers

The service at Barry Cenotaph was advertised in last week's GEM and I attended in an informal capacity. I couldn't help but be touched by the commitment, loyalty and responsibility shown by each of the veterans who attended. It was also a delight to see the local Air Cadets, ensuring that such good principles continue.

The 70th anniversary is extremely important because it makes us recognise what Churchill called: "One of the decisive battles in the war.....and the Luftwaffe's greatest defeat", without which, Europe and our lifestyle would be so very different today.

In recognition, the RAFA are encouraging people to hold a 'Brew for a Few' coffee morning to help raise funds for the Association.

I am delighted to say that I am organising such an event in Llantwit Major Rugby Club on October 8 at 10.30am and I hope you will be able to come along.

The money will go to the RAFA and will be used to provide friendship and welfare support to serving and ex-serving members of the RAF and their families.

Each year, they help tens of thousands of people by offering a wide range of welfare services that include home and hospital visits from a volunteer field force; long-term residential care; short-term convalescent and respite breaks; sheltered housing resettlement advice and advice on war pensions.

There are a number of charities for the forces, with Help for Heroes receiving most publicity and support in the media. All meet different, essential needs but the 70th anniversary of the Battle for Britain is an appropriate occasion for the RAFA to increase their profile and for the community to support those who took part.

Following the cenotaph, I was invited to go to, possibly the last commemorative service in the chapel on RAF St Athan.

Hundreds were in attendance, which reminds us of the important role the Vale of Glamorgan has played in the RAF over the last 70 years or more. The chapel building will be knocked down if the Defence College goes ahead.

Respecting our veterans and forces is one of our prime responsibilities – to return the same respect they showed while serving.

During Defence Questions in the chamber this week, I raised post traumatic stress disorder and the support offered to veterans. I will continue to challenge the government on this until I believe we are doing all we can.

It is the least we can do in considering their many sacrifices.

Vale Council finds a loophole to protect future parades

WITH reference to recent articles and letters published in the local press concerning road closure arrangements for the forthcoming Remembrance Day parades.

Readers may recall my advising that due to changes in the Police policy for implementing road closures, the responsibility for such matters now rests with the Vale Council as highway authority.

Unlike the Police, council officers do not have the authority to stop traffic. In order for the council to do this it must follow a legal process which involves consulting with road users, residents and businesses along the route proposed.

The council generally implements road closure orders using the provisions of Section 16 a – c of the Road Traffic Regulations Act 1984. The previously mentioned fee of £1,000 for road closures relates primarily to the costs of advertising the proposed road closure in the local press.

Depending on the detail, this notice, which is required to be bilingual, costs in the region of £1,000. This is the only cost that would have been passed on to the organisers in this particular case and is an external charge that would not have been payable had the Police continued with their previous arrangements.

As advised, I have been working with this council's legal team to consider other possible road closure options that would avoid the necessity to place formal notices in the local press, while protecting the council and road users from any liabilities in respect to the closure.

For the purposes of the Remembrance Day parades it has been established that the council can utilise the provisions of Section 21 of the Town Police Clauses Act 1847. While there is still a necessity to consult interested parties prior to any road closure, for the duration and type of this event, it will not be necessary to utilise the services of the local press, thus avoiding the fee.

I now intend to write to the British Legion advising them of the road closure arrangements and that there will be no fee for this year's parades.

The arrangements for other road closures for community events are currently under consideration, though it is unlikely that the council will be able to rely on the same legal provisions in all other cases. Also certain larger events will attract traffic management fees for signs and other expenses, which has been the case in the past.

Miles Punter, Head of Visible Services, Pennaeth Gwasanaethau Gweladwy

School closes for funeral

STANWELL School in Penarth closed at noon yesterday (Wednesday) as a mark of respect to Mrs Lesley Lee, who died recently.

The funeral was at Llandaff Cathedral at 2pm, and pupils were given the choice of staying in the school for the afternoon, or going home.

Mrs Lee was due to take the post of acting headteacher, and a school spokesperson said: "We were all shocked and saddened to learn that Mrs Lesley Lee had died suddenly.

Mrs Lee was a major influence in shaping Stanwell into the school it is today and it goes without saying that she will be sorely missed."

The governing body has appointed Mr Derek Jones and Mr Alec Lewis to lead the school in the capacity of acting headteachers until the appointment of a permanent headteacher. In addition, Mrs Clare Kynaston has been appointed as acting deputy headteacher.

CASPAR NEEDS YOU!

The GEM is in partnership with the Dog's Trust to find caring homes for animals in their charge at Bridgend Rehoming Centre ***(Telephone: 01656 725219)***

ABOVE: Caspar is looking for a home - can you help?.

THIS WEEK: Caspar is an eight-year-old Shih Tzu.

He needs an experienced owner and an adult-only home. He came into the kennels in a very poor condition with his coat extremely matted.

"He is very sensitive to being handled, and takes his time to get to know you. He can appear aloof at first, but once he trusts you he is a cheeky and lovable little dog.

"He has come on a lot since being at the centre and he's building up a lot more trust with the staff. His new owners will need to be prepared to give him time to settle in his new home and work with his handling issues."

Type of home needed: He needs an experienced owner and he's not suitable with children. He gets on well with other dogs and can live with a female dog.

Anyone interested in adopting Casper will need to make a few visits to the centre to allow him time to get to know and trust them.

POLITICIANS BEWARE THE ELECTION CLOCK
(and long memories)

EVEN though I am well into my 50s and should probably know better, I still have an optimistic outlook when I attempt to engage directly with politicians; despite a dismal record of failure.

Recently, I made my views known about the plans to charge the Barry branch of the Royal British Legion for the right to march through Barry town on Remembrance Sunday.

I also sent emails to our newly-elected local MP Alun Cairns and to the Office of the Prime Minister, asking for their respective views on those proposals.

I am somewhat disappointed, but not surprised, that neither of them has acknowledged receipt of the emails, let alone responded in any way.

In the run-up to elections, voters are bombarded with letters and pamphlets, praising the various candidates; all of whom always make promises that should they be elected, they will stay connected to and work tirelessly for their constituents' blah, blah, etc.

However, once in office you rarely ever hear from them again.

I would merely point out the (obvious) fact that politicians at all levels must eventually face re-election and not all of us voters have memory problems (at least not yet, in my case!)

When deciding whether to vote for the re-election of an incumbent politician, I ask myself how visible and effective have they been at grass roots level; what have they done for me when I've asked for advice or support; and what (hopefully positive) difference have they made to my community..?

I am sure I am not alone in using those baselines when judging politicians' effectiveness…

The election clock starts counting down on the day after the votes are cast and despite what politicians might hope, past performance is a guide to future effectiveness.
NICK MEYRICK, Barry

Colin Jones Solicitors

In light of recent events, the staff at Colin Jones Solicitors would like to express their thanks for the support and good wishes they have received at this difficult time.

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Chris Lacey, who has been a partner in the firm for the last 7 years, is now principal.

17 Thompson Street, Barry, CF63 4JL. Tel: 01446 420043.

Barry has become a TV filming hotspot!

GAVIN AND STACEY seem to have created a trend in Barry, with TV producers keen to use the town and Island in both factual and fictional shows.

The latest production to arrive in the town was the BBC comedy drama series, *Being Human,* which was filming in Canon Street last Thursday, September 9.

The road was closed to traffic while the show's stars, Lenora Critchlow and Aiden Turner, were put through their paces.

In the last two years, the town has also been used as a backdrop for *Torchwood* ,starring John Barrowman, and an ITV Wales documentary series on Barry Island and the Pleasure Park.

FOLLOW THE (Vale) LEADER

Exam results are down to hard work

by Coun **GORDON KEMP** Leader of the Vale Council

Excellent results

YET again, the Vale has seen excellent A-level and GCSE results for its school students, with results continuing to exceed the Welsh average.

These results are a testament to the hard work of the pupils, their teachers and the support of parents.

The results are even more impressive when one remembers that our pupils receive the lowest funding per head in Wales from the Welsh Assembly Government (WAG).

Congratulations to all pupils, teachers and parents.

Council website

THE council is currently undertaking a campaign to encourage residents to try out its website – www.valeofglamorgan.gov.uk Have you visited the site?

Council services can be requested there 24 hours a day, seven days a week and problems such as flytipping, graffiti and potholes can be reported on-line.

Also, if you tap in your postcode you can find information specifically for your address. Using the website is cheaper than a phone call and more convenient than making a trip to council offices.

It is also cheaper for the council to deal with enquiries through the website than by phone or face to face and, of course, that's a saving for the taxpayer.

Cowbridge library

GOOD news for Cowbridge and our library service with the announcement that the town's library is to be extensively refurbished with funding from the council and WAG.

The plans for the refurbishment are based on feedback from customers and will include a new IT suite and creation of a separate children's area.

The council will provide new computer equipment and a collection of new books.

Vale on the Road

THANK you to everyone who came along to talk to myself, members of the council's cabinet and senior officers, at the Vale on the Road events in Barry and Llantwit Major.

Our final event will take place in the Paget Rooms, Penarth on Saturday, September 25, 10am-1pm.

Please come along and feel free to question us about our work and raise any council service issues you may have.

Nell's Point

THANK you to everyone who contributed ideas and comments as part of the consultation on the future of the old Butlins site on Barry Island.

Every suggestion will be considered and will help us formulate our plans for the Island. Barry has been designated a regeneration area by WAG and £9 million has been earmarked for the town.

Barry is the principal town in the Vale of Glamorgan and we appreciate its success is important to Barrians and the wider county; we are dedicated to working with WAG to secure a successful future for the town.

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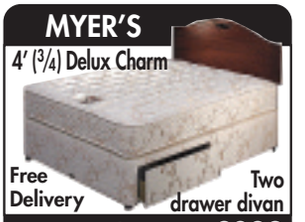
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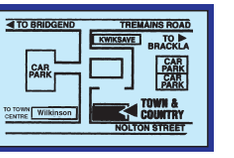

PRESENTATION ON HMS RAMSEY

Honours for two Barry Royal Navy reservists

TWO members of *HMS Cambria*, based in Barry, received recognition for their military service at a presentation held on board *HMS Ramsey* when the Royal Navy minesweeper visited the Barry Waterfront Festival.

The Mayor of the Vale presented the two reservists with their clasps which recognise their contribution to the Royal Navy Reserves.

Leading Seaman Bill Palmer joined the Royal Naval Reserve at *HMS Cambria* as a Radio Operator (G) in September 1989, having previously served in the Royal Navy from 1969 to 1980. He is now a Leading Seaman in the Communications and Information Systems (Reserve) Branch, specialising in submarine communications.

Bill was recently mobilised on a seven-month deployment to the North Arabian Gulf in support of the Iraqi maritime forces on board *RFA Cardigan Bay*.

The award of the first clasp to his Volunteer Reserve Service Medal is recognition of a further five years' service in the Royal Naval Reserve.

After a total of more than 30 years' service in the Royal Navy and its Reserves, this award is fully deserved.

Warrant Officer Kevin Rowan joined the Royal Naval Reserve at *HMS Cambria* in 1990, having completed 18 years with the Royal Navy including six months as a Permanent Staff Instructor at *HMS Cambria*.

In 2002, he was mobilised and formed part of the Forward Logistics Site bases in Thumrait in Oman, supporting British Forces in Afghanistan. He was mobilised again in 2003 for duty in the second Gulf War.

Promoted to Warrant Officer in November 2005, he took on the new role of Regional Warrant Officer for Wales and the south west of England, until September 2008, when he was appointed the Logistics Career Manager.

The award of the second clasp to his Volunteer Reserve Service Medal is recognition of a total of 20 years' service in the Royal Naval Reserve, years which have seen him serve in such places as Norfolk Virginia, Newport Rhode Island, France, Spain, Cyprus, Pakistan, Oman and Dubai.

Warrant Officer Rowan has been, and remains, an outstanding example for the rest of the ship's company of *HMS Cambria*.

ADAM SHEPPARD
(*HMS Cambria*)

Leading Seaman Bill Palmer.

Warrant Officer Kevin Rowan.

'What's up, Doc?'

ABOVE: Becca from Pets R Us cuddles one of the many rabbits the shop has to offer.

CREDIT UNION IS ONE-YEAR-OLD...

Left to right: Sharon Topazio, Gibbonsdown and Court Communities First co-ordinator; Lianne Abel, Credit Union saver; Helen Cocco, Cardiff and the Vale Credit Union. Front row (right): Sarah Hilson, Credit Union volunteer.

GIBBONSDOWN and Court Communities First run a Credit Union collection point every week for local people who want to start saving regularly.

Celebrating its first anniversary, the collection point is run with the help of two local volunteers, Sarah Hilson and Julie Davies.

Sarah and Julie collect savings and deposit the money into Credit Union accounts every Friday.

Sarah said: "It's lovely to see so many local people saving for Christmas, a holiday, or just a rainy day. It's so easy to sign up and you would be surprised how just £2 a week mounts up in the long run."

A local saver, Lianne Abel, saves every week at the collection point. Lianne said: "It's a great scheme. I go every week just to save for a rainy day.

"If something breaks down at home or if I fancy a splurge – I don't have to worry. It's local, it's so accessible and Julie and Sarah are really helpful and welcoming."

As it celebrates its first birthday this month, Sharon Topazio, manager at the centre, commented: "As it is so local and accessible to all, we would like to see more friendly faces every week!"

To start saving in your local community, visit the Gibbonsdown Credit Union Collection Point on Fridays between 11am and 12pm at Gibbonsdown and Court Communities First Office, Aberaeron Close.

Pedal Power!

THE Pedal Power cycling charity, which makes cycling accessible to people of all ages and abilities, is organising a bike ride in Bute Park, Cardiff, and afternoon tea with entertainment on its 10th anniversary, at 2.30pm on Saturday, September 18.

Contact 029 2039 0713 or 07775 616411.

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NEWS FROM RAF ST ATHAN GOLF CLUB VETERANS SECTIONS

VETERANS DO THEIR BIT TO HELP THE HEROES

IN what has now become an annual event, the veterans of RAF St Athan golf Club held a four-ball better ball competition in aid of Help for Heroes.

A total of 121 golfers competed, with many travelling from all over the south Wales area.

The day started in dry weather which deteriorated into heavy rain in the afternoon. Play, however, continued during the adverse weather.

The winners were as follows: *1st, Mr D Cox, Mr R Davidge (St Athan - 45 points); 2nd, Mr T Harman and Mr B Hawkins (St Athan - 44 points); 3rd, Mr J Reyland and Mr R Evans (Llantrisant - 43 points); 4th, Mr C Morris and Mr M Bayliss (Llantrisant - 43 points); 5th, Mr D Morris and Mr J Lewis (St Andrews Major - 42 points).*

There were also six 2s on par three holes awarded.

During the evening, a raffle and auction of items donated by members was made. Then, Mr Andy Davie, this year's veterans' captain, presented Major Terry Harman with a cheque for £1,250 for Help for Heroes.

The Major made those of us present aware of what the money would go towards, which made all present grateful that we could help such a wonderful cause.

Our thanks go to local businesses for their sponsorship and to all those who contributed.

H PHILLIPS-MORGAN
(Veterans' section secretary)

ABOVE: Captain A Davie presenting a cheque for £1,250 to Major T Harman.

The GEM holds steady as the big boys falter

CONCERN has been expressed by a top lecturer in journalism, that daily newspapers in Wales are facing a crisis, with their circulation plunging to critical low levels.

In the first six months of this year, the circulation of the Western Mail, the national newspaper of Wales, fell by 10.2 per cent – to 29,567 compared to the same period last year. (The Welsh population is about three million).

The paper's sister paper serving north Wales, the Liverpool-based Daily Post, has seen a decline of -4.5per cent, to 32,414 copies distributed.

(The South Wales Echo's average circulation has also fallen by 10.1per cent to 35,389 over the same comparative period).

James Stewart, a senior lecturer in journalism at the University of Glamorgan, has stated that the figures are "sad and worrying".

Pointing out that when he worked for the Western Mail in the 1970s-80s, its circulation was around 90,000, he said there were serious implications about the decline over the last 30 years.

• *Thankfully, the picture for local newspapers, like The Glamorgan GEM, is rosier, with our weekly distribution remaining steady at 43,445 independently audited copies serving the Vale and Bridgend county boroughs.*

Local riders enjoy racing success

CHARLOTTE PRICHARD (14) and Connor Flint (15) won the first Charles Owen pony races ever to be staged at Ffos Las Races last Sunday.

Charlotte, a member of the Pentyrch Hunt Pony Club, and younger sister of up-and-coming amateur rider David Prichard, won the first event on her five-year-old chestnut mare *Peateaoh*, while Connor, a member of the Llangeinor Hunt Pony Club, took the second on his prolific *Stambrook Marquessa*, a winner of more than 40 races.

Connor is a cousin of Kenfig Hill's Rhys Flint, who is making a name for himself as a National Hunt jockey.

BRIAN LEE

LEFT: Charlotte Prichard (aged 14) of the Pentyrch Hunt Pony Club, in action on her pony Peateaoh.

Talk to local people

I WRITE with reference to the concern expressed by villagers in Nancy Davidge's Treoes Community News column last week, at permission given by the community council for the use of the village children's playing field as a temporary car park and camp site for visitors to a local pub beer festival.

That decision rode over freedom of use of this facility, and was a great disappointment to a number of villagers.

Now we hear a rumour the village council are considering selling village land adjacent to the chapel graveyard for access to neighbouring land to permit its development for residential use, the old tennis court land that is important for village use in the future, eg expansion of the graveyard, village allotments etc.

Can the village council please communicate to the villagers on these – and any similar proposals – before it is too late for villagers to have an input regarding their concerns?

Mr Jones, Treoes

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Petition against Vale court closure

ABOVE: Jane Hutt at Churchill House with her submission and petition.

A 900-strong petition against the closure of Vale Magistrates Court in Barry has been handed to the Courts Service by local AM Jane Hutt.

On Friday September 10, she presented the petition to HMCS at Churchill House Cardiff, along with her response to the proposal to close Vale Magistrates Court.

She commented: "Over 900 people have signed this petition to express their opposition to these retrograde proposals.

" I am now meeting with the HMCS to put the case to them in person. My response will be available on my website at *www.jane-hutt.co.uk*."

Vale MP meets with magistrates

Vale MP Alun Cairns has met magistrates at Barry to help the campaign to save the local court house from closure.

Mr Cairns met the chairman and deputy chairman of the bench to ensure that he is co-ordinating his efforts with theirs.

He said: "We are sending in objections and want to approve each other's documents . Other organisations and charities are also objecting."

Mr Cairns said that his submission to the Ministry of Justice would be on his website so that voters in the Vale can see what he has said. It is available on ***alun@aluncairns.com.***

HAVE YOU 'LOST' YOUR BICYCLE?

Mandy Brisco-Richards of Penarth police station with some of the recovered bicycles.

Penarth police to reunite bikes and their owners

POLICE in Penarth are seeking the owners of a number of bicycles which have been recovered following a recent arrest.

Police Constable Teilo Richardson of Penarth police said: "We believe that these cycles have been obtained illegally, possibly as a result of thefts and we would like to re-unite them with their owners.

"If you recognise any of these cycles or know who may own them, please contact me at Penarth police station."

The cycles are:

- Reebok Deviate
- Avalanche 1.0
- Diamondback
- Saracen Mantra
- Vulcan Carrera
- Claude Butler Alpina
- Apollo Slammer (Orange)
- Alpina (Black)

PC Richardson can be contacted at Penarth police station on 101.

'Keep land green'

BARRY residents were urged to sign a petition opposing development at White Farm when Gibbonsdown councillors Rob Curtis and Margaret Wilkinson took to King Square last weekend.

Coun Curtis, a founding member of the White Farm anti-development campaign, said: "We have had wonderful support from the citizens of Barry to keep this vital area as green open space. Local residents are deeply concerned about the flood risk that further development of the Coldbrook catchment could have.

"As the local councillors for Gibbonsdown, we are determined to do our best to keep as much of the green lung for the benefit of future generations. Please help us keep White Farm Green!"

Coun Margaret Wilkinson added: "The White Farm planning application is not due to go before the planning committee until October at the earliest, so local people still have an opportunity to express their opposition by signing our petition."

For copies of the petition, telephone 01446 736287.

School welcomes 'massive' intake

BARRY Comprehensive School welcomed new and returning pupils to school last week.

The new year-7 pupils began their first day with a special assembly before finding their way to their classroom and meeting their teachers.

Meanwhile, the new year-12 students spent their first day on an induction programme that included drama, study, coaching and team-building activities. The whole year group had fun with the tasks which acted as a great ice-breaker.

"This year saw a massive intake into year-12, with students from all the local secondary schools choosing to continue their studies at Barry Comprehensive," a spokesperson said.

LEFT: Year-12 induction team building activities – blindfolded students trusted their peers to guide them through the obstacles.

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An unusual piece of food art!

World's first giant cauliflower sheep to be born in Wales!

ONE of the most unusual works of food art ever seen in the UK will be the centrepiece in Bridgend of Wales' alternative food festival, on October 1-2 – a giant 10-foot sheep made from cauliflower!

"As one of the first alternative food festivals in the UK, the emphasis is on fun with food and doing something out of the ordinary, quirky and totally unique. To our knowledge, this is the first place anywhere in the world where a 10-foot high cauliflower sheep has been created over two days," said event organiser Barry King.

Sponsoring the creation of the sheep is Haverfordwest-based Puffin Produce Ltd, who recently launched its own brand, Blas Y Tir ('Taste of the Land') to bring genuine Welsh produce to shoppers in the region through Asda. Blas Y Tir cauliflower is the latest addition to the range.

"I think the sheep reflects the 'food fun' theme of Feastival really well," said Puffin's general manager Huw Thomas. "It's a fresh approach designed to inspire visitors – and especially kids – to get more creative with veg."

Interest in the cauliflower sheep has soared, even before the work of art has been created. There is even a Facebook campaign gathering pace to name the sheep, with many tongue-in-cheek names after celebrities appearing all over the internet.

A spokeswoman stated: "Feastival, supported by the Welsh Assembly, will take place in Bridgend town centre over two days and offer food lovers the finest local produce, as well as keeping the whole family entertained with food fun.

"Other alternative attractions at the event include leek lobbing and egg dropping, alongside the more usual food cinema, urban allotment, and cookery demonstrations.

"The sheep is not the only food art on show at the event, there will also be demonstrations throughout the day on intricate melon carving from Malaysian-born food sculptor David Loh who recently appeared on Britain's Got Talent."

THAI NIGHT IN BRIDGEND

THE Bridgend Recreation Centre will be the scene of an evening with a strong Thai flavour on October 2.

A 'Thai Night' with authentic Thai food, Thai dancing, and a disco later, will start at 6.30pm, and goes on until 11pm.

Proceeds from the event will go to the Thai Support Group funds.

To book tickets (£20), contact Pim Morgan on 01656 773157 ot 07943 975634, or e-mail pimmorgan@yahoo.com

Pictured above left to right are: Barry College engineering lecturer Darren Lawler, Robert Critchley and course tutor Geoff Shaw.

Bright spark Robert in national final

A FORMER Barry College student has beaten off rivals from across the UK and won a place in the final of a prestigious electrical installation competition.

Robert Critchley, a 23-year-old from Cardiff, scooped the place in the Electrical Contractors' Association's Edmunson electrical annual 'Apprentice of the Year' awards.

Robert performed outstandingly in the theory test and practical installation competition, receiving a cheque for £500 and an electrical contractors' test toolkit.

He came to Barry College four years ago as an apprentice, and has now completed his City and Guilds and work-based training.

"Robert had to score 95 per cent or higher in the trade tests and his achievement is just astounding," Barry College engineering lecturer Darren Lawler said.

He added: "Credit is due to course tutor Geoff Shaw, who has been instrumental in making the electrical courses the success that they are."

Robert now works for commercial and residential building services provider G Oakley and Sons, and most recently managed a restaurant refurbishment project in southern England.

LEEKES CONTINUE TO SUPPORT CHARITY

Ryder, the teddy bear is raising funds for the NSPCC

LEEKES, the award-winning retailer, has introduced a limited edition teddy bear into its stores, in a bid to raise funds for the NSPCC.

The Leekes teddy bear, called Ryder, has been brought in to demonstrate the retailers commitment to supporting the NSPCC as its nominated charity.

More than 450 of the bears have arrived onto the shelves of Leekes' stores, with the proceeds from the total sales of the bear being donated to the NSPCC's 'Building Brighter Futures' appeal at the end of December.

Ryder is the first in a series of collectable Leekes bears and the retailer is asking children from local junior schools to enter their 'Design a Leekes Teddy Bear' competition. The schools will be invited to submit their own designs for the second bear, with the winning entry being commissioned this time next year, just in time for Christmas.

Leekes commercial director, Emma Leeke, said: "The NSPCC has been our nominated charity since 2008 and we're always looking for ways to support them. The idea of introducing a series of collectable teddy bears is a way of committing to raise funds for the NSPCC across a longer term.

Last year a number of staff ran the London Marathon in aid of the charity; this year we'll all be buying the bears and giving them as Christmas gifts!"

Nerys Sales, NSPCC corporate fundraising manager for south Wales said: "Money raised from the sale of Ryder the teddy bear will ensure that the NSPCC is able to continue to provide help and support to children and young people in Wales to overcome the negative effects of abuse."

The Leekes Ryder teddy bear is available to buy for just £10 at your local Leekes home store and online at leekes.co.uk. For a 'Design a Leekes Teddy Bear' entry form, please contact Charlotte Shaw at the e-mail address cshaw@leekes.co.uk.

LEFT: Cute Ryder will make a perfect present and friend, amd is on sale for just £10!

Bro Radio's charity party

BRO RADIO is holding a 'Party on the Square' for Macmillan Cancer support on Saturday, September 25 from 2pm-7pm in Kings Square, Barry.

For more information, please contact Matthew on 01446 420681 or email matthew.wilson@broradio.fm.

BIG DAVE'S CAFE

Try our famous Big Burger and Pork Roll

We are more than just a Fish & Chip Shop

Open all year round 7 days 7.30am til late

Try our famous Big Fish

SUNDAY LUNCH AVAILABLE EVERY SUNDAY

Soup £2.50
Pork Dinner £3.00
Dessert £2.50

Thought about your Christmas Party yet?

Give us a call for some good ideas at the right price. We can cater for your party.

SUNDAY LUNCH SPECIAL

for Sunday 26th September only!

Home-made Soup (choice of two) and a Roll.
Roast Pork, Stuffing, Home-made Apple Sauce,
Roast and New potatoes, Carrots, Beans, Peas & Gravy.

Apple Pie with Custard or Cream
or Fresh Cream Victoria Sponge

All this for the Amazing Price of £5

Only with this advert cutting – Must book in advance!

WORKERS AND WALKERS!!

Come and enjoy the best value breakfast, tea and coffee.
Open from 7.30 am til late – Rain or shine!

Big Fish	£4.95
Cod	£4.30
Cod Bites	£3.30
Fish Cakes	£1.80
Fish Fingers	£1.80
Any Pie or Pasty	£2.50
Qtr lb Burger	£3.30
Half lb Burger	£3.50

All with small chips

ROOM HIRE AVAILABLE

for up to 100 people with catering for any function.
Hot basket meats, buffet service – Call Dave for a quotation.

5 FRIARY ROAD, BARRY ISLAND *(Formerly King Bite)*
Telephone: 07801 908353

Councillor supports 'perfect location'

'Use hall as temporary cinema' call at Barry

THE Memorial Hall in Barry could be used as a stand-in cinema while the fight goes on to save the Theatre Royal, says independent councillor Richard Bertin, who represents the Court ward on the Vale Council.

He pointed out that the Memorial Hall "is the perfect location" as it is close to the original site; *LEFT: Richard Bertin believes that Barry Memorial Hall could be used as a stand-in cinema.*

it is central, has parking facilities and has most of the licences required to hold film showings.

He went on: "Many people have expressed their disappointment that the largest town in Wales no longer has a cinema and are asking if a new one will be built.

"The town's Theatre Royal shut its doors a couple of years ago and the building has been boarded up ever since.

"Many people have said to me they would like to see another cinema in the town. I feel that the Memorial Hall could be the ideal place to act as a stand-in to the Theatre Royal as it has all the licences and facilities needed.

"Perhaps the Barry Memorial Hall could investigate this request and do something similar to Chapter Arts in Cardiff by having film nights?

" Although I am urging people to continue their fight to save the Theatre Royal, in the meantime they might like to show their support and join me in asking the Memorial Hall trust to start showing films," Coun Bertin added.

He plans to write to the Memorial Hall Trust to ask if they would consider his request.

Harvest service

ZOAR Presbyterian Church, Bonvilston, is holding its Harvest thanksgiving service on Wednesday, September 29 at 7pm.

There will be a collection for Samaritan's Purse and the guest preacher will be Rev Geoffrey Barrington. Everybody welcome.

Autumn fayre

THE autumn fayre for The Children's Society, will be held in the Paget Rooms, Penarth, on Saturday, October 2, 10am-12noon.

There will be the usual stalls – cakes/preserves/plants, bulbs/books/parcels/Christmas gifts, plus cards; admission 50p.

Andrew RT Davies AM

Welsh Conservative Assembly Member for South Wales Central

Public Meeting—23rd September 2pm
Llantwit Major Youth Centre, station Rd

Your chance to discuss regeneration opportunities for the Llantwit area with your Assembly Member and local councillors.

Have your say!

Ceidwadwyr Cymreig | Welsh Conservatives

Website: www.andrewrtdavies.com
Email: andrewRT.davies@wales.gov.uk

Ty Hafan lottery draw winners

THE following are winning numbers in the Ty Hafan Crackerjackpot lottery draw number D635.

- **£2000:** 380793.
- **The rollover, which now stands at £500, was not won this week.**
- **£10:** 3 2 1 0 7 5 , 731319, 624532, 681453, 906229, 721443, 465939, 872308, 834935, 726076, 588756, 762621, 895181, 667811, 996520, 388954, 744354, 447193, 290843, 612625.
- **£5:** 137944, 778392, 324098, 987582,728863, 386099, 827478, 639192, 390564, 315542, 831877, 711598, 876975, 611252, 223237, 337879, 133645, 949021, 362514, 149045, 109984, 315700, 809051, 388129, 566880, 122770, 725473, 169111, 431570, 649364, 158987, 415948, 340614, 733189, 590830, 466184, 132083, 279903, 966000, 603567, 807852, 551040, 306567, 155090, 618760, 417514, 898464, 653651, 797441, 409001, 440647, 257142, 252592, 817304, 133798, 716942, 732734, 109120, 736601, 130981.

The GEM cannot be held responsible for any errors or omissions contained in the above.

For lottery information please call telephone 02920 672062.

New citizens' group pledges to protect Barry's beaches

Pictured above on the Knap pebble beach are the co-ordinator of FoBB Coun Rob Curtis, FoBB secretary Verity Allely and FoBB treasurer, Claire Curtis.

A GROUP of Barry citizens, led by Coun Rob Curtis, has set up a new environmental group to help to clean and protect Barry's five main beaches.

The 'Friends of Barry Beaches' have three objectives: to help protect the marine environment of five main beaches, to recycle as much of the litter as possible, and to promote and educate the sustainable use of beaches by the public.

The group will dedicate its efforts to Porthkerry, the Knap, Old Harbour, Jackson's Bay and Whitmore Bay.

Friends of Barry Beaches (FOBB) will carry out a beach clean/litter pick once a month.

The first beach clean is scheduled to take place to coincide with 'Tidy Wales Week' on Sunday, September 26, starting with the Knap beach at 3pm.

The group has already received the backing of Keep Wales Tidy, which has awarded FoBB free accident insurance cover.

The chairman and co-ordinator of FoBB, Coun Rob Curtis said: "I know the people of Barry are proud of their beautiful beaches and will support the aims of the Friends of Barry Beaches, in order to protect these for visitors and local residents alike.

"Litter is swamping our oceans and is washing up on beaches.

"It kills wildlife, looks disgusting, and is a hazard to our health. Surveys show that there are two pieces of litter for every footstep you take on a beach!

"We need volunteers to help make our beaches clean and safe.

"Please give us one hour of your time once a month and we can make a real difference to the conservation of our marine environment."

FOBB's secretary, Verity Allely said: "Marine wildlife gets entangled in litter and accidentally ingests it.

"They mistake plastic bags for jellyfish and the bags block their stomachs, often leading to death from starvation.

"It is a frightening fact that plastic litter on beaches has increased by 146 per cent since 1994.

"Plastic never biodegrades, it just breaks down into small pieces but does not disappear."

Before you start work . . . . . .

Are you in receipt of a Health related benefit?

If the answer is YES, call us now on

08454 23 33 33

You could be entitled to extra help!

If you have been on Employment Support Allowance or any other health related benefits for 13 weeks or more, you could be entitled to Return to Work Credit worth up to £2080!

If you register with us BEFORE you sign off your benefit and start work*

Plus you could also receive a £100 shopping voucher to help you get those essentials Before your first wage comes in!*

Improving people's lives

*Subject to personal circumstances

Cyn rydych yn dechrau swydd . . . . . .

Ydych chi'n derbyn budd-daliadau ynglyn a lechyd?

os yr ateb yw Ydw, Ffonio ni nawr ar,

08454 23 33 33

Efallai gallech chi'n cael mwy o help!

Os rydych chi wedi derbyn Lwfans cymorth cyflogol neu unrhyw budd-daliad ynglyn a iechyd am 13 wythnos neu mwy, efallai gallech derbyn Credyd Dychweld nol i Waith werth lan at £2080!*

Os rydych yn cofresti gyda ni CYN rydych chi'n gadael eich budd-daliad a dechrau gwaith*

Hefyd, gallech derbyn taleb siopa werth £100 i helpu chi cael y pethau sydd angen cyn eich cyflog cyntaf!*

Improving people's lives

*Darostwng at ch'n bersonal aniglychiadau

Vale Resort has a fitness offer you can't refuse!

A CASHBACK fitness scheme has been introduced at Wales' premier health and racquets club in The Vale Resort at Hensol.

New joiners before November will be given £100 to spend on their choice of treats around the resort, from a luxury overnight stay, to a couple of rounds of golf, spa therapies or a delicious and healthy dinner so as not to undo all the good work!

As well as being spoilt with their cashback, visitors to the health and racquets club are spoilt for choice with more than 50 classes a week, and there is an abundance of facilities to choose from to ensure a workout is exciting, varied and rewarding.

From X-Dream bikes, Power Plate courses and salsa classes to a sauna and steam room – there is something for everyone at the Vale Resort.

Facilities include a 20m pool, whirlpool bath, squash and tennis courts, and both cardiovascular and resistance gyms as well as a crèche, day nursery and junior activities (also available to non-members at an extra charge.)

Members can enjoy the club's bar and restaurant and discounts throughout the resort.

Fitness is a priority at the resort, which is home to a £4 million WRU National Centre of Excellence and also boasts training facilities for the Cardiff Blues, Cardiff City FC and the Welsh Football Association.

The Manchester United team, Liverpool FC, Arsenal FC and the British Lions have also used the facilities.

Health and racquets club membership begins from as little as £45 a month with the offer running until October 31.

For more details, call 01443 665821/23/24; or feel free to make a visit.

2012 flooring

THE NEW WAY TO BUY FLOORING!

FROM £ 7:99 Carpet — FREE fitting & delivery on all our carpets

FROM £ 24:99 TLC — FREE FITTING Prices are per sq/m including fitting, adhesive & feature strip

FROM £ 36:99 Oak Plank — FREE FITTING Prices are per sq/m including fitting, underlay & beading

FROM £ 13:49 RHINOFLOOR XL Super Grip — FREE FITTING Prices are per sq/m including fitting

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10% OFF VOUCHER
only with this coupon
Please mention when ordering or present coupon to us when we quote.

Ex-Allied staff start their own flooring company

WHEN Chris Wall and his colleagues were working for Allied Carpets in Bridgend, they had slightly mixed feelings.

By PHILIP IRWIN

There was a sense of satisfaction from working for an established name in the market place, and it stayed that way until the future for the carpet giant's Bridgend operation was looking a little shaky. So out of necessity, Chris and eight colleagues decided to set up on their own.It was a chance to use their expertise, and also a chance to bring in some fresh ideas.

The result was '2012 flooring' – which aims to retain all the good practice and add a series of extras.

Chris told The GEM: "Quality service and meeting our customers' needs is at the heart of the business.

"Customers will be able to check out our website, decide on the product that interests them, and we will call round with a range of samples.'

The team will be covering the Vale and Bridgend county borough. In fact, the company can handle enquiries from Carmarthen across to Newport!

The company has knowledge and experience of all types of flooring, from carpets to wood, and from vinyl to laminates, and when the customer has made a decision, Chris is confident that their service will be a huge plus factor.

He said; "We will be offering free estimates, free delivery, and will uplift your old carpet. What is more, we will move any furniture that needs to be moved – and fit the cupboards."

Not surprisingly, Chris feels that his company will be a real boon to the elderly.

He and his colleagues have been testing and refining the system over the last nine months, so they are confident that they are launching a service that has been tried and tested.

And finally, who chose the name and why?

Chris said: "Both my son and my brother were born on December 20, so 2012 fits very well."

Of course, all that publicity relating to a certain London Olympics could have a spin-off here and there!

FREE MEASURING SERVICE • FREE DELIVERY

Ring 2012 Flooring Now on 0788 3012080
Freephone 0800 6102012

or click www.2012flooring.com

2012 Flooring is here to help you create your perfect floor

Christmas Party Guide

Oriental Diner

AUTHENTIC PEKING & CANTONESE CUISINE

BOOK YOUR CHRISTMAS PARTY WITH US

Sunday Special
When you book 4 adults' evening buffet meals, **one adult will eat FREE!**
CONDITIONS APPLY

Tuesday Special
House wine only
£8.90 a bottle
Tsing Tao & Tiger Beer
Buy 2, get 1 free

Weds & Thurs
GRILL NIGHT -
Selection of grilled marinated meats - part of the buffet at no extra cost!

Eat as much as you like!

Lunchtime Buffet
Tues-Fri 2 noon-3pm
(Last order 2.15 pm)
Adult £6; Child £3.50 (under 140cms) Tues-Sun

Evening Buffet
5.30pm 'til late
Adult £11.50; Child £6.50
Mon-Sun (Fri & Sat additional £1 per person.

Please call for details to book your private parties in our special function room!

10 Broad Street • Barry • CF62 7AA
Telephone 01446 748811
www.orientaldiner.co.uk

BOOK EARLY TO GET THE BEST VENUE FOR THE COMPANY'S CHRISTMAS PARTY!

ALTHOUGH mid-September seems rather early to be making preparations for Christmas, it isn't if you want to ensure the best venue for your office party.

Vale hotels and restaurants have a good reputation for hosting parties in the festive season, and if companies are not quick off the mark, they can either miss out on their first choice or even struggle to find a suitable location for the numbers they want catered for.

One prime reason for booking now is that certain days in the week tend to be more popular than others. Friday and Saturday evenings tend to go first because people want to have a lie-in the day after a late night.

So now is the time to spend a few moments in your office or on the shop floor canvassing people as to the sort of venue they would prefer – a top hotel? a pub restaurant? a specialist restaurant? – and to nail down the numbers that will be attending.

For many offices and businesses, the Christmas party is the only time when work colleagues can get together, let their hair down and socialise together so some early planning can avoid a last minute 'make-do' venue.

Another reason to book early is that some people want a Christmas party at a hotel, so they can have a drink and stay the night there. That avoids the danger of people being tempted to drink drive, or having to book late night taxis. People should also be aware that they might still be 'over the limit' the following morning, and might still have to order a taxi.

In January, as many employees reflect on the festive season, one perennial topic is how the Christmas party went, and whether the venue lived up to expectations.

Try and get staff to remember what they thought about a previous year's festivities and what was popular (or not)!

With most companies encountering some 'doom and gloom' in the economic downturn, it is more important than ever to have something for staff to look forward to and 'lighten' what can be an otherwise stressful time of year.

So don't delay, find out the preferred options and keep this week's GEM for menus, venues, prices and ideas.

'Halloween bash' for special Christmas lights

HIGH Street Traders are appealing to the Barry public to support their 'Halloween Bash' so they can put on an extra special display of Christmas lights this year.

Sharon George of the local traders told The GEM: "On the evening of October 28, we are hosting 'The Halloween Bash' at Cubanas Bar and Grill on High Street.

"Our aim is to double the amount of Christmas lights we have, so funds from the evening will be going to purchase new designs.

"It would be great if people could come in fancy dress, but it is optional.

"Tickets are just £1 and there will be a disco courtesy of Bro Radio and a buffet supplied by Chaplin's.

(CONTINUED ON PAGE 17)

The Glenbrook Inn

Free House & Restaurant

CHRISTMAS FAYRE PARTY MENU AVAILABLE NOW

2 course £12.95 per person
3 course £15.95 per person
Childs 2 & 3 course menu also available.
To receive more festive information or to book call us on 01446 747808

Monday Club:
Discounted Prices on various Lagers, Beers & Spirits available all day

'Everything a local pub should be'

Dobbins Road, Barry, CF63 2NP.
'YOUR AWARD WINNING PUB'

Christmas Celebrations at The Mount Sorrel

CHRISTMAS PARTY NIGHTS

Three course dinner and coffee followed by dancing till late – **£32.50** *per person*
NEW – Late bar licence extended til 2.00am

MENU
Prawn Cocktail
Or . . . Homemade Leek & Potato Soup
***
Roast Turkey Crown
Or . . . Roast Leg of Welsh Lamb and Mint Sauce
Or . . . Grilled Salmon Supreme with White Wine & Chive Sauce
Or . . . Tortellini Ricotta
***
Selection of Vegetables
***
Christmas Pudding & Brandy Sauce
Or . . . Berry & White Chocolate Torte
***
Coffee & Mints

Value Party Nights £23.99
Please phone for details and available dates

CHRISTMAS LUNCHES
3 Courses plus Coffee & Mints £15.95

CHRISTMAS DAY Bookings now being taken
3 Course Meal, Coffee & Mints Adults £58.50 • Children £25.50

NEW YEARS EVE - Night At The Oscars
4 Course Dinner £49.95
(Fancy Dress Optional) **– Dancing til 2am**

PORTHKERRY ROAD, BARRY
Telephone: 01446 740069
www.bw-mountsorrelhotel.co.uk

OCEAN LOUNGE PORTHKERRY

We are now taking bookings for our
TURKEY & TINSEL PARTY NIGHTS
Only £12.95
Includes Entertainment & Disco

MAIN COURSE:
Turkey, Beef or Vegetarian option with all the trimmings
DESSERT:
Classic Christmas Pudding or Fresh Gateau

Available party dates and entertainment

Friday 10th December
PIXIE PEREZ
Comedy Drag plus Disco til 1am

Saturday 11th December
THE MOPHEADS
Comedy Showband plus Disco til 1am

Friday 17th December
ACAB
Funky Dance Band plus Disco til 1am

Saturday 18th December
THE MOPHEADS
Comedy Showband plus Disco til 1am

Ample Parking for Cars and Coaches
Early Booking Advisable
Tel. 01446 711538 or 710362

This Christmas at The Countryman Inn

Discover one of Llantrisant's best kept secrets

The Countryman is situated within Tri-Nant Fishery, set in 45 acres of spectacular, picturesque countryside and fishing lakes.

Christmas Party Bookings
(from Thursday 2nd December)

3 Courses
£20 per person
Larger parties (minimum 50)
£28 per person
To include disco and entertainment

Planning a wedding or family celebration? Please phone for our brochure or CD.
The Countryman Inn, Tri-Nant Fishery, Heol Ddu, Llantrisant, CF72 8LQ
(Only 20 minutes from Cardiff and situated 5 minutes from the roundabout by Royal Glamorgan Hospital)

Tel: 01443 231935/228316 Email: trinantfarm@aol.com
www.the-countryman-inn.co.uk

Christmas Party Guide

HIGH STREET PARTY!

(CONTINUED FROM PAGE 16)

"We hope that people will then buy raffle tickets at the event to win prizes donated by local businesses.

"Tickets are now available from MJM Computers, Tony's Cafe, Cubanas, Chaplin's and Nova's.

"We want to put on a truly spectacular display of Christmas lights. The council makes a contribution, but we need a little more to make the festive season in High Street that extra bit special."

For more information, please contact Anthony Hopkins of Vic Hopkins, chairman of the local traders' association, or Sharon at MJM Computers.

Dressing for the company party

HERE at The GEM, we have to start Christmas planning earlier than most - with the publication of our first Christmas party guide for 2010!

Scanning through this week's pages, readers will notice quite a few advertisers making reference to their festive plans too!

In fact, you can bet your life savings that at any time now, in your daily paper's women's pages, one of the style gurus will pronounce on what to wear for this year's party season.

Sometimes it's all sparkles or spangles.

Sometimes it's ruffs and frills.

Whatever the style, it will obviously have to be in the 'hot' colour.

It might be this year's 'in dress' as worn by Victoria Beckham or Cheryl Cole.

It might even be that weird thing that Carole Vorderman keeps being pictured in. (The one that makes your eyes go out of focus!)

There is one difference this season, of course, and that is the advent of Christina Hendricks from *Mad Men* as a sex symbol.

It has been sold as a chance for 'real' women to look sexy.

However, there is a touch of 'out of the frying pan...' about this, because for the average woman, the 'no waist, but curves everywhere else' look is no more achievable than the stick insect!

Now, this may be stating the obvious, but men don't experience the same agony of indecision when it comes to choosing an outfit, believe it or not!

At least not for the company party. We do a bit of agonising when meeting someone for the first time – wondering about making the right impression.

CONTINUED ON PAGE 18.

Party safely in 2010!

CHRISTMAS is probably the most socially active period of the year. Gatherings with family, friends, clients and colleagues can start from anything up to two months before Christmas Day – and it seems to be getting earlier each year!

Very often, alcohol plays a big part in this convivial season; but don't get caught out by something that appears harmless, particularly liqueur chocolates, which can be quite potent!

For the vast majority, Christmas is a family occasion, so don't be tempted to ruin it by risking the odd drink while visiting locally and then hopping in the car for that five-minute journey home.

It is not worth the risk.

Please remember too that you could still be over the drink-drive limit the morning following your alcohol consumption, especially if it was a late night.

Far better to plan in advance by asking for the morning off or arranging a lift from a non-drinker – or invest in a shared taxi to eliminate the risk.

Aberthaw House Hotel
and Whispers Restaurant

Newly refurbished and open for evening dining.

Introducing newly appointed
Jonathan Whitaker
acclaimed chef from the Vale of Glamorgan.
Freshly prepared starters, traditional British dishes, all locally sourced – fish, steaks and homemade steak pies, etc.
Home made dessert selection served Monday to Thursday
6pm – Last orders 9pm
Booking advisable

Traditional Christmas Party Menu

for groups up to 16 now available
4 Courses only £22.50
Available Monday to Saturday evenings from December 11th – Booking essential

We are available for private meals or buffets for those more intimate family occasions – from anniversaries to family funerals

Why not stay the night in our refurbished bedrooms – we even have a Four Poster Bed.

Rooms from £55 including breakfast

28 Porthkerry Road
Barry, CF62 7AX
01446 737314
www.aberthawhousehotel.co.uk

the Star Inn Treoes

In this our 12th Christmas at the Star, our festive menu's are exceptional...

Christmas Lunch Parties

Prawn Cocktail
Home Made Soup of the Day
Tricia's Chicken Liver Pate
Roast Turkey with all the Trimmings
8oz Rump Steak with Home Made Pepper Sauce
Fillet of Sole with Spinach and Smoked Haddock
Coffee & Mints
£13.95 per head

Christmas Evening Parties

Freshly Prepared Soup of the Day
With a Nice Crusty Roll
Cranberry & Brie Filo Parcels
Prawn & Smoked Salmon Cocktail
With a Marie Rose Sauce
Home Made Autumn Game Terinne
With Red Onion Marmalade
Star's Famous Garlic Mushrooms
En Croute

★

Local Roast Glamorgan Turkey
Served with all the Seasonns Trimmings
10oz Sirloin of Welsh Black Beef
With a Classic Whiskey & Black Pepper Sauce

Baked Welsh Lamb Shank
With a Rosemary & Redcurrant Jus
Breast of Chicken
With Dijon Mustard, Bacon & Cheese Sauce
Fillet of Salmon
With Star's Home Made Lemon & Dill Butter
Roast Crispy Duck
Autumn Cherry's & Cointreau Sauce
Aubergine & Walnut Bake
freshly Prepared by our Chefs Carys & Matt
All served with seasonal vegetables & potatoes which are locally sourced

★

Tricia's Superb Christmas Pudding
With Brandy Sauce
The Star's Famous Desserts or Puddings
With Coffee & Mints to follow
£21.95 per head

Weekly Events at the Star

Tuesday Nights
2 Steaks & Bottle of House Wine £20
Tuesday to Saturday
2 Course Lunch £9
Tuesday to Friday
3 Course Dinner £12
Sunday Lunch
2 Course Lunch £10
Every Saturday
Food with a difference. Ask for details

Back at 'the helm after 2 years'... The 'Big G' and Tricia re-enter the pub kitchen Monday Evenings - back by popular demand!

With resident chefs Carys and Matt they are due to unveil their NEW AUTUMN MENU which will be introducing a fantastic new 'Game' selection.

FOOD NOW SERVED
Tuesday - Thursday 12-2pm, Friday - Saturday 12-2.30pm, Sundays 12-3pm. Evenings: Monday - Saturday 6.30-9.30pm.

Enquiries/Reservations: T 01656 658458 F 01656 669922
E thestarinntreoes@hotmail.co.uk
The Star Inn, Treoes, Bridgend CF35 5DL

Christmas Party Guide

From a man's view

Continues from page 17.

However, we know that at a company function, we are mixing with people who see us day after day – at our best and at our worst.

It's too late to make a first impression.

So, here is The GEM male antidote to Christmas party pressure.

RELAX!

PI

THE COCONUT TREE
INDIAN & BANGLADESHI RESTAURANT
(Formerly The Gateway of India)

NEW 'HOUSE' SPECIALS
(Sample Selection)

JOL-JOLA TROUT
Whole trout, marinated in chef's own recipe and grilled with fresh coriander and special spices. £9.95

MACHLI JHOLOK
Salmon diced into extra large chunks, lightly spiced and grilled served with salad. £8.95

KAKHRA SPECIAL
Succulent chunks of crabmeat delicately spiced in a medium sauce and garnished with fresh coriander. £8.95

SPICY SPECIAL MASSALLA
Succulent marinated King Prawns, sliced Chicken, sliced Lamb and on the bone Tandoori Chicken, all carefully cooked with freshly capsicum, tomatoes, onions in a clay oven and topped with special sauce of brandy and cream. £10.25

Why not try a change of cuisine and venue for your festive party celebrations...

All our popular menu choices, plus additional fish and seafood dishes

Chef specialities and set meals

Turn your party into a banquet!

(2 PERSONS) £28.95
Starter: Tandoori King Prawns, Tandoori Chicken
Main: Chicken Tikka Massala, Special Korahi Gosht
Side: Saag Aloo, Mushroom Bhaji
Sundries: 1 special Fried Rice, 1 plain Nan
Desserts: Choice of 2 desserts or coffees

(4 PERSONS) £47.95
Starter: Machli Tikka, Lamb Tikka, Onion Bhaji, Vegetable Somosa
Main: Balti Lahore, Lamb Dhansak, Special Chicken Korahi, Rongdonnu
Side: Saag Bhaji, Cauliflower Bhaji, Matter Paneer
Sundries: 2 Special Fried Rice, 2 plain nan
Desserts: Choice of 4 desserts or coffees

Eat...Drink...Relax...Enjoy...

East Street, LLANTWIT MAJOR CF61 1XY Open 6pm-11pm every day

01446 793615 *www.coconuttree.co.uk*

Festive Party Guide

If you would like to feature your restaurant, pub, or venue for the festive season,please contact **The GEM 01446 774484** *or email:* ***gemsales @internet-today.co.uk with a sample of your menu and we will price various size adverts to suit any budget! With 44,000 weekly copies and FREE on-line inclusion, we are real vale value!***

~ CELEBRATE THE FESTIVE SEASON AT ~

THE THREE HORSESHOES

Moulton, Nr Barry. Tel: (01446) 710428

Christmas Parties 2010

ALL INCLUSIVE

4 Course Meal – Late Night Disco – £25 per head (Fri & Sat)
Mon - Thurs £20 (No disco) - Minibus Service available
Christmas Lunchtime Parties: 4 Courses for only £8.95
Special Menu Available - For office parties and get togethers!

Tickets now on sale for our
BONFIRE NIGHT EXTRAVAGANZA
£4 HEAD
FAMILY TICKET (2+2) £10
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STARTERS
Mushroom Soup; Prawn Cocktail;
Deep Fried Brie with Redcurrant Jelly; Garlic Mushrooms

MAIN COURSES
Roast Turkey, Stuffing and Chipolatas
Baked Salmon Fillet with Champagne Sauce
Vegetable & Nut Wellington
Roast Beef & Yorkshire Pudding
Welsh 10oz Rib Eye Steak (Extra £2.50)

DESSERTS
Christmas Pudding and Brandy Sauce
Sherry Trifle; Rum & Raisin Cheesecake
Chocolate Black Forest Gateau.

Coffee and mints

A deposit of £10 per head is required (non-returnable)
No booking is guaranteed unless deposit is paid
Minibus subject to availability

PENARTH BURGLARIES:

Local police issue appeal to public

POLICE are investigating two house burglaries at Marine Parade, Penarth, on Saturday, August 21.

Between 3pm-4pm, an intruder gained access to a house and removed a handbag. Between 2pm-6pm, access was gained to a garage and a 'sat-nav' system was taken from the car at another house.

Detective Constable Craig Alexander of Barry CID said: "We would like to hear from anyone who may have witnessed anything suspicious in the area of Marine Parade during the afternoon of Saturday, August 21.

"In a separate incident, we would also like to identify a suspicious person who is thought to have entered another house on the same street the same afternoon.

"He is described as a white male, five feet eight inches tall with very short, cropped, mousey colour hair. He is of medium build and spoke with a Cardiff accent. He was wearing a pair of jeans, a red top and an earring."

Police have issued a CCTV image. Anyone who recognises him, or who has any information about the burglaries is asked to contact DC Craig Alexander at Barry CID on 01446 731606 or anonymously via Crimestoppers on 0800 555 111.

ABOVE: A CCTV image of the person police would like to identify.

Penarth woman denies murder

A PENARTH woman has denied murdering her 11-year-old son and has been remanded to Caswell Clinic in Bridgend for further tests.

Yvonne Freaney appeared in Cardiff Crown Court in a case management hearing.

Her son Glen was autistic. His body was found at the Sky Plaza Hotel, at Cardiff Airport, in May.

The case has been adjourned until November 8.

Restoration inspires local dragon hunt!

ABOVE: Wall painting expert Jane Rutherfoord at work on the restoration.

A LLANCARFAN church is marking Wales' 'Church Open Day' with a special event this Saturday (September 18).

The Llancarfan-based owners of Dragon Rescue are sponsoring a 'Dragon Draw-In' for Vale youngsters at St. Cadoc's Church, Llancarfan.

GEM readers will be aware that remarkable medieval wall-paintings, among them the legend of George and The Dragon, have been discovered on St. Cadoc's ancient walls.

These pictures were whitewashed out during the Reformation, but Heritage Lottery Fund and Cadw funding will now drive forward conservation work. This will take place throughout October and November.

As yet, all that can be seen of Llancarfan's dragon is a spiky snout and a roving eye. So before much more is (hopefully) revealed this autumn, Dragon Rescue is encouraging youngsters to draw what they think the hidden dragon will be like, when it is finally released to terrorise the Vale!

Emma Levey, an award-winning Bristol-based illustrator, and once a pupil at Llancarfan Primary School, will lead the draw-ins, in the church, at 11am, 2pm, and 3.30pm. on September 18. Sessions can be pre-booked on 01446 781383.

Family visitors will have the chance to chat with volunteers, and discover more about the church treasures, its emerging paintings, its remarkable medieval carvings – and its fund-raising initiatives.

A spokesman for the organisers said: "The Dragon Rescue team have been knights in shining armour for hundreds of vehicle breakdowns.

"However, as educational sponsors, they can now encourage Vale youngsters to rescue Llancarfan's oldest dragon itself, at least in their imaginations!" **IF**

Juniors join with adults in competition

ABOVE: Longest driver Katie Spence.

AS part of a nationwide competition, Cottrell Park organised the annual adult/ junior competition on Sunday, August 29, on the Macintosh Course.

There was a good mix of partners, with two girls playing, some father and sons, and some senior players supporting juniors from Cottrell.

The first placed team, who will go forward to the next round, were Gavin Magner (junior captain) and Aled Williams on 43 stableford points. In second were Will and Terry Hoggett on 39 points, and third were Huw Williams and Rob Hale on 33 points.

The longest drive went to junior Katie Spence, out doing all the men there! The nearest to the pin went to Aled Williams.

The competition also has a fun award, with the best dressed pair, which went to father and son Rob and Frazer McAndrew !!

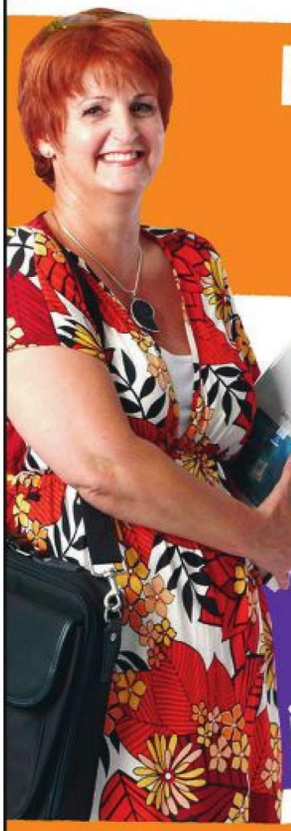
Cottrell Park junior section provide free coaching to all juniors and cadets with no handicaps on club night for two hours (winter months Sunday 10-12am, and summer months Thursday 5-7pm), with additional coaching provided for the squad who play in the league. If anyone is interested, contact the junior organiser, Mr Morgan Thomas, on 01446 451165.

ABOVE: Terry and Will Hoggett.

Still some spaces...

on courses starting this September

Come along to our late enrolment session below held at Barry College, Colcot Road and find out what is available.



Late Enrolment Session
Thursday 23rd September
4.00pm - 7.00pm

Some spaces are still available on full-time and part-time courses in many subject areas - so don't miss out!

At these sessions you can talk to course tutors and advisors to help choose the right course for you. You may also be able to sign up to a course on the same day. Hurry – all remaining spaces on courses are filled on a first come, first served basis.

To enrol on a course you will need current ID, payment (cash / cheque / debit or credit card) and proof of benefit if you are claiming fee remission. To find out more go to www.barry.ac.uk or contact us on 01446 725007.

BARRY

BARRY COLLEGE COLEGY BARRI

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They offer private sessions at Sanctuary or group evening experiences in your own home (4-6 people) combining clairvoyance, mediumship readings and past life regression or therapies; £30 per head.

Sanctuary
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- Indian Head Massage
- Clairvoyant Tarot Readings
- Past Life Regression
- Spiritual Guidance
- Mediumship

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MONDAY
Barry – 4.30 & 6.30pm Brynsion Hall, Junction of Court Road & Llanover Street Lorraine 01446 407002
Penarth – 6.30pm Elfed Avenue Methodist Church,Elfed Road Niki 01446 740394
Rhoose – 6.30pm Celtic Way Community Centre, Celtic Way Helen 01446 750738

TUESDAY
Barry – 5.45pm Market Street Social Club, Upstairs Function Room Joanne 01446 404897
Barry – 4.30pm St. Davids Methodist Church Hall, Winston Road Annamarie 01446 736534
Llantwit Major – 4.45 & 6.45pm Old School, Wine Street Helen 01446 750738
Sully – 6.30pm The Old School, South Road Niki 01446 740394

WEDNESDAY
Barry – 4.45 & 6.45pm St.Francis Millennium Centre, Park Road, Porth-y-Castell Annamarie 01446 736534
Barry – 6.00pm Cadoxton Methodist Church,Church Road Joanne 01446 404897
Cowbridge – 6.00pm Duke of Wellington, High Street Lina 01656 890708
Penarth – 5.00 & 7.00pm All Saints Church Hall,Victoria Square Linda 01446 761150

THURSDAY
Barry – 6.00pm Highlight Park Comm. Centre,Barry Annamarie 01446 736534
Dinas Powys – 6.30pm The Cabin, by swimming pool, Hebron Hall Alison 01443 486220

DAY GROUPS

WEDNESDAY
Penarth – 9.30am & 11.45am All Saints Church Hall, Victoria Square Linda 01446 761150

THURSDAY
Barry – 10.15am Castleland Community Centre, Belvedere Crescent Niki 01446 740394
Cowbridge – 10.00am Duke of Wellington, High st Lina 01656 890708

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Learn singing and breathing techniques and an ability to convey modern light music including songs from the shows.
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e-mail: Maraya223@ntlworld.com

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And now, at our new clinic in Llantwit Major, experienced podiatrists are available to provide these services to you.

If you would like to make an appointment, please call 01446 790199.

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hpc
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9.30 - 1pm Mon-Sat | Closed Wed
New autumn winter stock coming soon

NEW 'Soothing Sundays' at The Secret Garden of Beauty..!

THE Secret Garden of Beauty at 25 Tynewydd Road, Barry (next to Passmore solicitors) is a true Eden of tranquillity, where you are assured of a warm welcome.

With a dedicated team of four highly-trained therapists, this extremely popular salon is now open seven days a week: Monday to Friday, 9am-8pm; Saturday, 9am-6pm; and introducing from October 3, 'Soothing Sundays' – open from 11am-5pm.

Sundays will be dedicated to complete relaxation. Enjoy a variety of treatments, all tailored to ensure your Sunday is truly a 'Day of Rest'!

As an appointed Dermalogica Skin Care Centre, the therapists are trained to the highest level in facial therapy; regularly attending specialist skin care training at The International Dermal Institute in London.

So to ensure you receive the best face and body treatments with excellent results, book an appointment at The Secret Garden on 01446 733306.

The GEM says: 'ALWAYS CONSULT YOUR GP BEFORE EMBARKING ON ALTERNATIVE HEALTH OPTIONS'

ERYL SURGERY, LLANTWIT MAJOR
FLU CLINICS
Commencing 4th October 2010
PLEASE RING FOR AN APPOINTMENT ON 01446 793444

FICH+RAMOUS
APPOINTED SALON
Competition with The Glamorgan GEM

Hmmm . . .
Now all you have to do is **guess the amount** of foils used to create this full head of highlights, **together with** up to **20 words** to tell us what you like about visiting the hairdressers.

3 Lucky Winners!
1st Prize: One year's Free cut and blow dry (value £150)
2nd Prize: Colour, cut and blow dry (value £80)
3rd Prize: Cut and blow dry (value £30)

Entries stating number of foils, plus 20 words on 'What you like about going to the hairdresser' on a postcard please, together with your name, address and telephone number to:

FICH+RAMOUS
75 Eastgate, Cowbridge
Entrants must be aged 18 or over. Not to be used in conjunction with any other offer. No cash or alternative prizes available.
Closing date: Friday, 1st October
Winners to be announced in the Glamorgan GEM 'What's On' pages, October 14th edition

'Window' display for more accurate quotes… You can look but don't touch!

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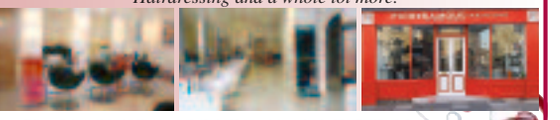
We think you're perfect just the way you are, but if you would like to explore new looks, styles and colours, make new friends and have fun, then come and join us at Fich+Ramous where you'll discover the Art of Hairdressing and a whole lot more!



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LAURA has more than four years' experience in holistic and beauty therapies.

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Mums! Now the kids are back at school, why not have some 'me time' and take advantage of the special offers available? Ease away your stresses with an Aroma back, neck and shoulder massage, or rejuvenate tired skin with an Aroma Essence Facial, using essential oils to help balance mind and body; enjoy a 10 per cent discount for a limited time only!

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The Velvet Touch is here for clients old and new

TRACEY of The Velvet touch, Rhoose, may have left Rhoose, but is still treating clients old and new and is now based at Highlight Park, Barry.

Tracey is also offering pamper parties and tanning treatments in the comfort of your own home.

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EASYLINE classes for men and women are held Monday to Friday, while you can push yourself to the limit at EASYLINE Extreme classes!

EASYLINE suites can also be found at the leisure centres in Barry and Penarth.

You can find out more about them and other fitness classes, gym membership and more online at www.valeofglamorgan.gov.uk/lifestyle

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If you have any questions, would like to receive a brochure or book an appointment, call our freephone number 0800 093 2293, contact j.pearce@dolphin-lifts.co.uk

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Medical research has indicated stroking a cat can relieve stress and lower blood pressure.

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Even a cat of eight years would have approximately another 10 years of life, which might suit a much older person and give loving companionship.

All our cats have been neutered and microchipped. Some are a little nervous as they are used to older people who might have had to give them up to go into homes themselves, leaving their companion behind. These would adapt to a quiet, loving home environment.

Currently, we have an abundance of cats who are desperately in need of a new family or people to care for them.

For an appointment or further information, please telephone Maesteg Animal Welfare Society on 01656 721496, 01656 653456 or 01656 667463. Please leave a message on our answerphone if we are not available.

If you have any donations, bric-a-brac or any unwanted items, please call our shop on 01656 738977 / 721496.

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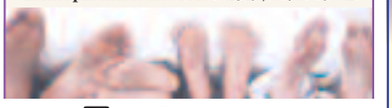
helen@plashen.co.uk 01446 781345 / 07967 756627



Facing up to change

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Warning to readers: *please ensure that you consult your GP before agreeing to any health treatment, if you are in any doubt.*

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www.maesteganimalrescue.co.uk
Anybody who wants clothes collecting, please contact the above telephone numbers

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This gives you the flexibility to come and go as you wish (we also offer a pay-as-you-go facility).

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If you have never used a gym before, you don't have to feel intimidated as our staff are on hand to show you exactly what to do and how each piece of equipment works.

We offer a warm welcome to everyone. Don't take our word for it, why not come down and see for yourself or call Jennie or Mark on 01446 710386.

Remember, you do not have to be a member of the gym to use the pool or enjoy our facilities.

CHRISTMAS is coming . . .
Join the
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WHY?
- **Fully Equipped Gym**
- **Separate Free Weights Room**
- **25m Pool**
- **Leisure Suite with – Sauna/Steam Room/ Jacuzzi/Vibro-gym**
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Novices and Fitness Fanatics Welcome!
WHY? FOR YOUR HEALTH & WELL-BEING – NO CONTRACT TO SIGN NO JOINING FEE MEMBERSHIP FROM ONLY £25.00 PER MONTH
HOW? BY DIRECT DEBIT or *MONTHLY PAYMENTS OVER THE COUNTER
WHEN? NOW – IT ONLY TAKES A FEW MINUTES TO CHANGE YOUR LIFESTYLE AND IMPROVE YOUR HEALTH!!
For further information please contact
Jennie on 01446 710386
or why not just pop down and have a look around? We are confident that you will like what you see . . .
***Initial £5 admin fee for over the counter payments**

Duplass brothers' comedy shows some real heart along with the laughs

SCREEN TALK

by GARETH JAMIESON

DESPITE his serious acting reputation, John C Reilly has been more than willing to give his funny bone a good exercise in recent years.

Having been directed by the likes of Martin Scorsese, Robert Altman and P T Anderson, Reilly's recent films have been of a more comedic bent. Having shown a wonderful sense of comic timing in 2006's *Talladega Nights*, Reilly has since toplined *Walk Hard* and *Step Brothers*, while his latest film, *Cyrus*, sees him return to the comedic well once more.

Reilly plays John, a divorcee who meets Molly (Marisa Tomei) at a party and their relationship starts to blossom. However, when Molly's son Cyrus (Jonah Hill) appears on the scene, John suddenly finds that he may not be quite so accepting of their relationship. With the battle lines drawn, with John on one side and Cyrus on the other, who will win out in the battle for Molly's affections?

If you've seen the trailer for *Cyrus,* you may have been led to believe that the film was a Judd Apatow-esque comedy that is aimed squarely at the comedic solar plexus; sadly, the marketing bods have got it wrong again, as the film is a far more considerate and thoughtful piece of work, balancing laughs with reality and ending up as being a highly enjoyable piece of work.

That the film is more than just a collection of jokes is down to the Duplass brothers, Jay and Mark, who were figureheads of the early noughtie's mumblecore movement, where films were made on low budgets, using improvisation instead of scripted dialogue and making the films low-key.

It is an attitude they apply and one that by and large works very well, the improvisation and rooting in reality of the characters and their situations feeling unforced and naturalistic.

Certainly, the characters suffer from a lack of development and background, but it is the lack of forced comedy that comes through, the humour deriving from the situations as opposed to trying to concoct comedic set-pieces that detract from the realistic edge the brothers are after.

Their attitude to direction is obviously the same as their attitude to scripting – minimal fuss, no bells and whistles, just a desire to root things in reality, and their use of hand cameras and close-ups lends itself superbly, giving the film an intimacy that the pared-down visuals accentuate. Its roots in real world ideology means that while the jokes are more natural, the more dramatic moments similarly work well.

The brothers draw strong turns from the three main cast members, Jonah Hill standing out superbly with his turn as the son who wants to make sure his mother's burgeoning relationship with John doesn't get off the ground.

Hill has made his name in broad comedies such as *Superbad*, and while his turns in these may peg him as being a one-note performer, here he shows hitherto unseen levels of drama.

It would have been easy for Hill to overplay the part and try to emphasise the comedy element, but instead he underplays it, revealing Cyrus' layers as the film moves on.

Alongside him, John C Reilly delivers a wonderful performance as the lovelorn loser whose world suddenly seems that much brighter once he meets Molly.

Reilly is hardly on foreign territory here, but he brings a strong sense of character to the role, capturing his sadsack personality to great effect. Marisa Tomei is equally as good, caught up in the middle of the warring factions and shows the struggle of trying to move on without alienating her son well.

Never less than likeable and more than a match for Reilly and Hill, her turn is just as good as Reilly's, while well-handled support from Catherine Keener, as John's ex-wife, and Matt Walsh, as her husband-to-be, caps a strong cast.

The film's basis in reality makes it a pleasing watch, though some may find that the constant moving camera angles and shots, and the 'independent' air that hangs over proceedings, to be somewhat diverting. A fair point, but considering this is the Duplass' first genuine attempt to make a film that transcends their arthouse origins, Cyrus is refreshingly different.

While the set-up and execution are hardly oft-used, the brothers' approach to the film and their stylistic, or lack of, touches make this far more than just your run-of-the-mill comedy.

While it shares a similar love for the heart that has become the exclusive proclivity of Judd Apatow's work, *Cyrus* shows that if the Duplass brothers want, they can be just as influential with their work. Given, though, that their previous films have dealt with subject matter like buying a chair from eBay like a character's father once had and a film about making a horror film, where the villain is a man with a bag over his head, their next outing may well be more wilfully obscure.

However, their skill here means their next move may be far higher profile than they've come to expect, and *Cyrus* is the reason for that.

VERDICT: *A first mainstream outing for Mark and Jay Duplass, and a huge success, Cyrus is a wonderful film that balances laughter with pathos and creates a strong piece of work.*

With superb performances across the cast, this may well be the film that the Duplass' can use as their calling card. Recommended.

Castleland Communities First

Health & Wellbeing
Information & Advice Fayre

Where: Barry Leisure Centre
When: 29th September
Time: 11.00am – 3.00pm

There will also be various Health Information stands and talks from the following :

breast cancer care Cymru
age Cymru
MDF The Bipolar Organisation Cymru

- Vale Family Information Service
- Diabetes Peer Support
- Valeways
- Inroads
- All Wales Screening
- Plus many more

For more information Contact Communities First on 01446 709432

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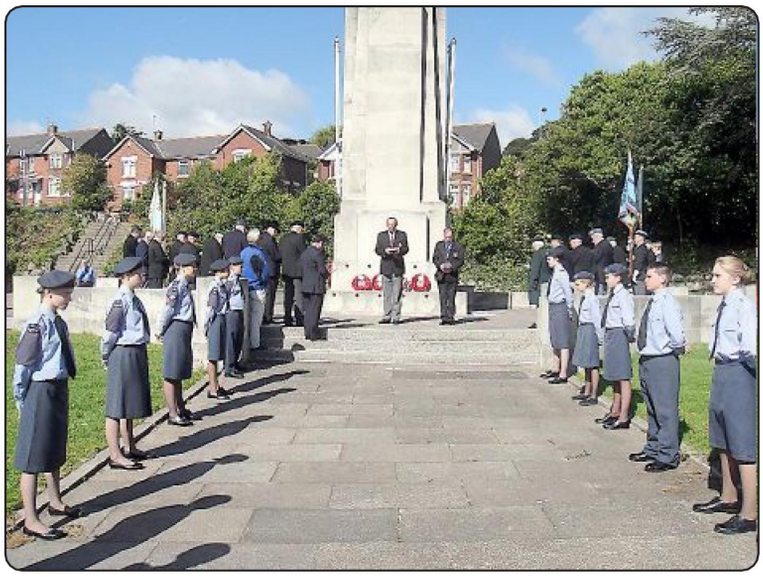
AIR CADETS JOIN BATTLE OF BRITAIN PARADE



RECENTLY, Air Cadets from 372 (Barry) Squadron were proudly on parade at the Memorial Hall cenotaph, to commemorate the 70th Anniversary of the Battle of Britain.

The Cadets formed an honour guard at the memorial and were joined by members of the Royal Air Forces Association (RAFA), former military personnel, Alun Cairns MP and the public. The service was conducted by the RAFA branch chairman, Geoff Horton.

Miss Emma Lehman played the last post, which was then followed by a two-minute silence.

Wreaths were laid at the cenotaph on behalf of RAFA by Flight Lieutenant David Crandon (branch president) and by Mr John Hobbs, president of the Royal British Legion branch.

Flight Lieutenant Crandon commented: "The Air Cadets did themselves proud today, representing the Royal Air Force on this occasion and are a shining example of the youth in our community."

The Air Cadets also undertake many activities outside of ceremonial parades, including flying, gliding, adventure training, shooting, sport, field craft, the Duke of Edinburgh Award Scheme, expeditions and visits to RAF Stations around the United Kingdom.

The Cadets are looking forward to their forthcoming trip to the battlefields and memorials of Ypres (Belgium) and the Somme (France).

If you have a spirit for adventure, 372 (Barry) Squadron has vacancies for boys and girls between 13-18 years old. The Squadron parades on Mondays and Wednesdays 7-9.30pm behind Adams Funeral Parlour (by the Memorial Hall). Telephone the Squadron on 01446 747734.

ABOVE:
A young Cadet studies the wreaths.

Jane Hutt AM
Labour Assembly Member for the Vale of Glamorgan
Contact my constituency office at:
115, High Street Barry, CF62 7DT
Tel: 01446 740981
Email: jane.hutt@wales.gov.uk
Next surgery:
Friday September 17
at 115 High Street, Barry,
CF62 7DT from 3.30 to 5.30pm.
No appointment needed
www.janehutt.co.uk

Out and About with The GEM

Principality supports Macmillan nurses with coffee morning

Macmillan Fundraising manager, Sue Pickin, joins Principality staff at their Mad Hatter Tea Party to raise a cup for the charity.

THE Principality Building Society will be joining in Macmillan's 'World's Biggest Coffee Morning' to support its 2010 Charity of the Year.

Staff at the Bridgend branch in Caroline Street and the Cowbridge branch in High Street, hope to boost the £35,000 the society has already raised for Macmillan Cancer Support this year.

NEWS/IN BRIEF

Ancient history

RHOOSE and District History Society will meet at Rhoose Community Hall, Stewart Road, on Friday, September 24 at 7.30pm.

Curator of Pontypridd Museum, Mr Brian Davies, will give a talk on 'Glamorgan a Millennium Ago', illustrated with slides showing examples of how people lived long ago in the Vale of Glamorgan.

Entrance to the meeting will be free to those who have already joined the society. Visitors are welcome and will be charged £1 for adults and 50p for under-16s.

Tea and crafts

TEA and cakes and crafts will be available in St Hilary Village Hall from 3pm-5pm on Sunday, September 19.

Telephone Monica for more details on 01446 775186.

Valeways walks

ON September 19, 2pm St Hilary the Roman Way. Starts at St Hilary Church, St Hilary.

On September 26 at 2pm, Transport walk, starting at Porthkerry Park, Barry, café car park.

PACT meetings

GIBBONSDOWN PACT, Communities First Office, Aberaeron Close, Barry, September 17, 6pm.

DYFAN PACT, Barry Comprehensive School, September 21, 6pm.

COURT PACT, Ilminster Scout Hall, September 23, 7.30pm.

RHOOSE PACT, The Spar, September 16, 10am.

WENVOE PACT, Wenvoe Community Hall, September 20, 7pm.

ST ATHAN PACT, The Gathering Place, September 20, 7.30pm.

DINAS POWYS PACT, Bethesda Chapel, September 20, 7pm.

PLYMOUTH PACT, Brockhill Way Community Centre, September 20, 7pm.

Dinas Powys jumble sale

ST PETER'S Women's Fellowship are holding a jumble sale at St Peter's Church Hall, Mill Road, Dinas Powys on Saturday, September 25 at 2pm.

As well as a wide range of nearly new clothes, books, toys and interesting bric-a-brac, refreshments (including homemade cakes) will be available!

All proceeds from this jumble sale will go towards the purchase of a new carpet for the church hall.

The leader of the Women's Fellowship, Beattie French, told The GEM, "Our church hall is used nearly every day by St Peter's pre-school playgroup; and in the evenings by the Rainbows, Brownies, Guides, the Trefoil Guild, the Women's Fellowship, the Welsh Society and for many other parish and community activities.

"It is also available for children's parties. The existing carpet has served St Peter's Church well for many years but is now becoming worn and difficult to keep clean.

"The members of the Women's Fellowship, which is open to all, decided that they would like to raise money to replace it."

If you have any jumble, (no electrics!) please bring it to the church hall on the evening of Friday, September 24, or on the Saturday morning at 9 am.

The enigma of codes and ciphers

THE Flat Holm Society welcomes Professor Churchouse to give a talk on the fascinating subject of the Enigma Machine, ciphers and codes.

It will take place at the Norwegian Church, Cardiff Bay on Thursday, September 23 at 7.30pm. (Entrance £2, members £1).

"Professor Churchouse worked at GCHQ with those who had been working on the Enigma and other cipher machines at Bletchley Park during the war," a spokesperson said.

"A leading mathematician, he has published more than 60 papers on maths, computing and astronomy, and has written several books including *Codes and Ciphers*.

"Everyone is welcome at this most interesting illustrated talk."

WELSH MUSICIANS RALLY TO SUPPORT AIR AMBULANCE

WALES Air Ambulance is launching its own CD, thanks to musicians from across Wales.

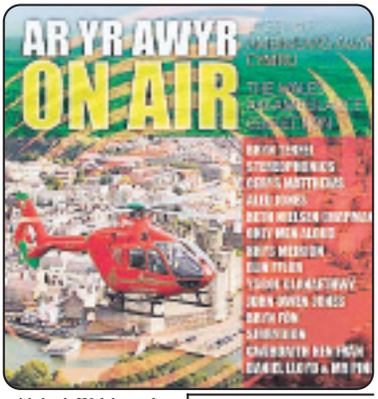
Stereophonics, Cerys Matthews, Bryn Terfel, Only Men Aloud and many more feature on the album, contributing a mix of English and Welsh-language songs for the lifesaving charity.

Nashville singer and songwriter Beth Nielson Chapman, a big fan of Wales, also appears on the album with her song 'Durrow'; recorded at Stiwdio Sain with renowned harpist Gwenan Gibbard.

Artists' support flooded in, and recording studio Sain came on board to help produce the album. Chief executive Dafydd Roberts said: "This has been an exciting project from start to finish, and for a very worthy Welsh cause.

"There is nothing like it out there that solely encompasses Wales, with both Welsh- and English-language songs from Welsh artists. This is a very special compilation."

All proceeds from the album, titled On Air, will be donated to Wales Air Ambulance to help keep the helicopters flying. The charity needs to raise more than £5 million every year to operate the service.



Gathering Place for fun

THE Gathering Place in St Athan hosts a fun day on Saturday, September 18, from 12pm-4pm.

People can bring a picnic and take part in activities, including fun with the Pulse team, a bouncy castle, a gladiator duel, football and refreshments.

Sponsored charity walk

THE Barry committee of Cancer Research UK Cymru has organised a sponsored walk on Sunday, October 3.

It will start from the Cardiff barrage car park, Penarth at 11am and then continue around Cardiff Bay.

All are welcome and anyone who wishes to take part can obtain sponsorship forms from Dawn Jacques on 01446 743506 after 6pm.

School in Session

VISIT St Clare's School in Porthcawl on a typical working day at the start of a new term.

Bridgend's premier independent school is hosting a 'School in Session' open event on Friday September 24.

This informal event is open to parents who are interested in their children attending the School or sitting the scholarship assessments later in the term.

There will be an opportunity to meet the new headmaster, John Aguilar, and to join a tour of the School conducted by members of our sixth form or our year 6. Please contact the School on 01656 789963 to confirm your place.

South Wales
Steam & Vintage
Sat 18th - Sun 19th September

Over 200 Vintage Cars
and other Vintage memorabilia
A display of:
Traction engines, Stationary engines,
Classic & Vintage Cars, Narrow Guage Railway,
Chainsaw Sculptor, Other vintage memorabilia.
Accompanied by craft stalls and a
host of family entertainment
Come and meet Real Radio's Barry the Basset.
Adults £5 - Children £3
1 Child FREE per paying adult
At Romilly Park, Barry
See our website for full details
www.steamandvintage.co.uk

www.cowbridgefoodanddrink.org
Bont-Faen
COWBRIDGE
Gwyl Fwyd a Diod
FOOD & DRINK FESTIVAL
30-31 Hydref OCTOBER 2010
Amazingly fun foodie weekend
for all the family!
See the website for further details
on exhibitors, demos, entertainment
and so much more.
www.cowbridgefoodanddrink.org

St Clare's
School
Independent, co-educational 2½ - 18 years
Tel: 01656 789963 Email: info@stclares-school.co.uk

NURTURING TALENT
A school with a strong sense of community, St Clare's provides a first class education from Nursery to Sixth Form. Each child's talents and skills are nurtured by dedicated staff, enabling them all to achieve their full potential.

SCHOOL IN SESSION
Friday 24th September 2010
Informal event – bookable sessions with tours
NURSERY OPEN MORNING
Thursday 7th October 2010
OPEN DAY
Thursday 4th November 2010
SCHOLARSHIP ASSESSMENT EVENT (YEARS 5 – 10)
Saturday 20th November 2010

www.stclares-school.co.uk

OCEAN LOUNGE
PORTHKERRY
OPEN – SATURDAY & SUNDAY LUNCHTIMES, WEDNESDAY, THURSDAY, FRIDAY, SATURDAY & SUNDAY EVENINGS
LIVE ENTERTAINMENT
Friday 17th September
KARAOKE
Starts 8 pm
Saturday 18th September
MATT CARLSON
Vocalist – Starts 9 pm Plus BINGO
Friday 24th September
JORDAN SUMMERS
Female Vocalist - Starts 8 pm
Saturday 25th September
RICHARD BEAVIS
'The Welsh Balladeer'
Dynamic Vocalist
Starts 9 pm Plus BINGO
Every Thursday: Curry and a Pint £5.99
7-9pm - Quiz from 8.30pm
FOOD SERVED
Great Value menu from only £4.99
Traditional Sunday Lunch
served 12-3pm from only £6.95
Tel. 01446 710362/711538

Army Cadet Force open for business

NEW detachment commander S/Sgt Instructor Steve Wood and Sgt Instructor Cerys Duroe pose outside the Barry Army Cadet Force hut (left) before the first parade night of the new season

The ACF is on the lookout for new recruits, aged 12 years and starting year-8 in school.

The cadets meet every Thursday between 7pm-9pm.

News from Penarth Computer Club:

Gadgets and software get the once-over...

THERE is an old saying: 'Nothing is as permanent as change' which has never been truer than in the world of technology.

Anyone who has not spent the last year in a cave must have heard of HD (High Definition) TV and 3D cinema. Digital cameras can take high-resolution pictures and record high-definition video.

The Apple iphone 4 is available, along with a staggering range of over 200,000 Apps, (the little software gadgets that can be added to your phone). There are thousands of other Apps, available for other manufactures, phones as well. I recently saw one App used to identify an aircraft in flight. Locate an airport and individual flights are shown on a map display in real time.

Any flight can be identified from regularly updated information transmitted to the control tower. The information is displayed, along with a picture showing the type of aircraft. Impressive.

Apps make use of sensors already installed. Those used to keep the picture on the screen the right way up can also be used to drive a spirit level App.

Radio and TV programmes can be picked up later from, say, the BBC website and watched on a computer or a mobile phone.

Mobile phones can take pictures and email them around the world in seconds and computers can make telephone calls. Convergence, as it is called, will make it hard to decide if what you are using is a telephone, camera or computer.

A computer used to fill a room; then a wardrobe; then a cabinet; then a box on a desk before becoming a laptop. They are now reduced to notebook or netbook computers. As they have reduced in size they have increased in speed capacity and reliability.

We used to look at photographs using a slide projector. Now we have home cinemas where the computer can display the pictures or send them to a projector for larger display but not just still pictures; films from DVDs or video cameras as well.

It will soon be commonplace to use your computer to connect to a website and choose any film from thousands and watch it in your home cinema at any time. With a home network, the listening or watching is independent of the location of your entertainment centre.

You can already download thousands of books to your electronic book reader; carry them all with you and read them at your leisure. Oh yes; and the software is constantly developing as well, so more things can be done and will be done. It is all intended to make life easier and more enjoyable.

We might be fascinated by the concept of all this development, but need help to get the benefit. That's why the club members get together.

The next meeting is on Tuesday, September 28 at All Saints Lesser Hall, Victoria Square, Penarth at 7.30pm. Steve will show how to control your computer's appearance. For more information telephone Howard on 029 20708439. **HD**

AWARDS FOR FINE EFFORT!

ABOVE: The Mayor and Mayoress with the award-winning volunteers.

Vale mayor thanks the volunteers in the Vale

THE Vale of Glamorgan Mayor, Coun Colin Osborne, hosted a reception at the town hall recently, to present awards to Vale volunteers in appreciation of the time and effort they give to local organisations.

There were five award categories – adult volunteer of the year, young person's volunteer of the year, trustee volunteer of the year, star volunteers and millennium volunteers, which awarded 10 young people with certificates for their commitment to volunteering. The overall winner was Mr Frank Learner.

Coun Osborne was presented with a 'cheque' for £25,653,586, signifying how much the Vale Volunteer Bureau estimates volunteering is worth to the Vale.

Coun Osborne said: "It is important to have events like this to record our appreciation for all the hard work undertaken by volunteers for the benefit of the community."

ABOVE: Receiving a 'cheque' underlinin g the value of volunteering in the Vale.

THE VALE OF GLAMORGAN COUNCIL

(BARRY HOSPITAL / YSGOL GYFUN BRO MORGANNWG SCHOOL, COLCOT ROAD, BARRY (PROHIBITION OF WAITING AT ANY TIME)

(AMENDMENT) ORDER 2010

The Vale of Glamorgan Council in exercise of its powers under Sections 1 and 2 of the Road Traffic Regulation Act 1984 (as amended), and of all other enabling powers intends in not less than twenty one days from the date of this Notice to make an Order the general effect of which is as described in the schedule below:

Full details of the proposals, to include the proposed Order and plan no T/10/60/CEP may be inspected at the Vale of Glamorgan Council at the address shown below during normal office hours and any objections you may have to this proposal must be submitted to the Head of Visible Services (Ref. IF620) in writing by 7th October 2010 and must contain the grounds upon which you object.

Persons objecting to the proposed Order are advised that in view of the Local Government (Access to Information) Act 1985 this Council is legally obliged to make any comments received in response to the proposed Order open to public inspection.

SCHEDULE

Amend

The Vale of Glamorgan Council (Barry Hospital/ Ysgol Gyfun Bro Morgannwg School, Colcot Road, Barry)(Prohibition of Waiting) Order 2002 .

In Schedule 2

Paragraph 1 relating to Colcot Road delete the figure 18 and insert the figure 97.

Dated this 16th day of September 2010.

M. Punter
Head of Visible Services
Vale of Glamorgan Council, The Alps,
Wenvoe CF5 6AA

GORCHYMYN CYNGOR BRO MORGANNWG

(DIWYGIEDIG) (GWAHARDD AROS AR UNRHYW ADEG)

(YSBYTY'R BARRI / YSGOL GYFUN BRO MORGANNWG, COLCOT ROAD)

Mae Cyngor Bro Morgannwg, gan arfer ei bwerau o dan adrannau 1 a 2 Deddf Rheoli Traffig 1984 (ddiwygiedig), a phob p_er galluogi arall, yn bwriadu gwneud Gorchymyn ymhen o leiaf un diwrnod ar hugain ar ôl dyddiad y Gorchymyn hwn i'r dibenion cyffredinol a nodwyd yn yr Atodlen isod:

Cewch weld y cynigion llawn, gan gynnwys y Gorchymyn arfaethedig a chynllun T/10/60/CEP yng Nghyngor Bro Morgannwg, yn y cyfeiriad isod, yn ystod oriau arferol swyddfa. Dylech gyfeirio unrhyw wrthwynebiad sydd gennych i'r cynnig i Bennaeth Gwasanaethau Gweladwy (Cyf. IF620) ar ffurf llythyr erbyn 7 Hydref 2010, gan egluro'ch rhesymau dros ei wrthwynebu.

Os oes gennych wrthwynebiad i'r Gorchymyn, cofiwch fod gan y cyhoedd hawl o dan Ddeddf Llywodraeth Leol (Hawl i Wybodaeth) 1985 i weld unrhyw sylwadau sy'n cael eu gwneud, a bod dyletswydd gyfreithiol ar y cyngor i ddarparu ar gyfer hynny.

ATODLEN

Diwygio'r canlynol:

Gorchymyn Cyngor Bro Morgannwg 2002 (Gwahardd Aros ar Unrhyw Adeg) (Ysbyty'r Barri/Ysgol Gyfun Bro Morgannwg, Colcot Road, y Barri)

yn Atodlen 2

Paragraff 1 yngl_n â Colcot Road – dilëwch rif 18 a dodwch rif 97 yn ei le.

Dyddiedig 16 Medi 2010

M. Punter,
Pennaeth Gwasanaethau Gweladwy
Cyngor Bro Morgannwg, Canolfan yr Alpau,
Gwenfô, CF5 6AA.

BARRIVALE BRIDGE CLUB NEWS

THE latest results from Barrivale are as follows:

Tuesday, September 7 – First were Graham Jones and Irene Thomas with 59 per cent. In second were Mick Green and Tim Barsby (57.5 per cent), and third were Mark Roderick and Mike Close (56.5 per cent). Hilary Laurence and Vivien Liles won on handicap.

New members are always welcome at Barrivale. For more information telephone 01446 733425. **MB**

COMMUNITY NEWS
ST BRIDES MAJOR

Your local correspondent is Patricia Bevan-Morgan (01656) 880418

DID you Follow the Trail at the weekend? It was a great success with lots of different crafts on show. What talent there is in the locality!

The auction in the evening at the church hall was great fun. A big thank you to all who worked so hard to make this enterprise such a success.

THE local produce market takes place on Saturday, September 18 at 10am at the church hall, St Brides Major, together with tea and chat.

STARTING back – art class at the church hall on the second and third Fridays at 1pm from Friday, September 17.

NIT 'n' Natter at Bron-y-Graig (next to the church hall, St Brides Major) starts on September 21.

Further information from Patsy Hartnell on 01656 880387.

A YOGA class is starting at the church hall, St Brides Major at 7pm-8.30pm.

For further information, contact salimalliyoga@qmail.com or call 07404 749465.

THE baptism took place at St Bridget's on Sunday, September 12 of Scott Sawyer, grandson of Brian and Daphne Anderson, of St Brides Major.

THERE is a harvest concert by Bridgend Male Voice Choir at St Bridget's Church on September 24 at 7pm. Tickets £7.50.

ORPA meet at the Watermill on September 16 for a bar lunch at 12.30pm, to commence new session.

COMPUTER LESSONS

ATLANTIC College is hosting a free computer club for the over-60s on Wednesday afternoons, from 2pm-3.30pm.

It is run by Vivian Beck, who explained: "We started the computer club last year with seven older people and seven students from the college.

"Most of the older people were complete beginners and it was lovely to see their confidence grow."

The computer club will resume on Wednesday, September 22. Telephone 029 2052 7193 for more information.

Investing in People at Holton Primary School

Are you sitting comfortably, children? ***Then let the celebrations begin!***

Holton Primary School started the new academic year off with a celebration.

The school has now been an 'Investor in People' for more than 10 years.

Mr Gilbert, the school's headteacher, was delighted to receive the certificate demonstrating the school's achievement.

He said: "This is a fantastic achievement, demonstrating an ongoing dedication to people and a commitment to continuous business improvement."

Gas leak closes pool

THE swimming pool at Penarth Leisure Centre was closed on Tuesday following a gas leak, which resulted in there being no hot water in the building.

A Vale Council spokeswoman said that all other facilities at the leisure centre were not affected, with the LifeStyle fitness studio, main hall and creche remaining open, and dry-side fitness classes carrying on as normal.

The pool was expected to remain closed for 10 days.

Vale MP to hold advice surgeries

VALE MP, Alun Cairns, will be holding surgeries for advice and assistance on Friday September 24, at the following locations: 1pm–2.30pm at Gibbonsdown Community Centre, Ramsey Road, Barry; 3.30pm-5pm at the Celtic Way Community Centre, Celtic Way, Rhoose.

Anyone in the Vale is welcome to attend, but surgeries are very busy, and it is advisable to call 01446 403814 to make an appointment.

PENARTH AND DISTRICT RAMBLERS

Small village is the scene for nine-mile walk to cave

THE small village of Llangynidr which nestles beside the Brecon and Monmouth canal, and also has the River Usk flowing through with a wonderful old stone bridge that fords it, was the start point for a recent walk when eight ramblers joined leader Barrie for a 9-mile tramp to the Chartist Cave.

On a dry morning with some sunshine, they set off past an old tollhouse and encountered a group of Morris dancers visiting pubs in the area.

The group began the steep ascent to Mynydd Llangynidr, an undulating plateau renowned for limestone quarrying with larger quarries at Trefil and Blaen Onneu. They stopped for refreshments and enjoyed views of Llangorse Lake.

Reaching the top of their climb at 557 metres at Garn Fawr (Big Cairn), the leader explained that this was a good landmark for anyone trying to locate the Chartist Cave which is almost hidden in the landscape and can easily be missed.

Upon reaching the cave, originally called Tylles Fawr (Great Hole), the group stopped for lunch.

This cave and its hidden arsenal of pikes and other weapons played a significant part in the Chartist march to seize Newport in November 1839.

After exploring the area, it was time to follow a well-marked pathway where the group passed three other walkers who were en route to the cave and the only people they would see all day.

They faced a difficult tramp downhill over uneven ground until they reached the filter house at the head of Cwm Cleisfer, through which the Nant Cleisfer flows back down to Llangynidr.

A few drops of rain fell as they followed the lane back to the village at the end of their walk.

On September 18, meet at 9am at Cogan Leisure Centre for an 8-mile hard walk up Hatterrall Hill from the Skirrid Inn; contact Val H on 029 2051 3274.

On September 19, meet at 9am at Cogan for an 8-mile moderate walk at Bigsweir and Newland in the Wye Valley; contact Joy on 01446 737131.

Rucksack badges, programmes and membership advice can be obtained from Pam on 029 2021 9102.

JOY STRANGWARD

FOR SALE BY AUCTION

at THE BEAR HOTEL,

Cowbridge CF71 7AF

Tuesday 12th October at 7.00pm

VALE OF GLAMORGAN

DETACHED TWO BEDROOMED BUNGALOW

(Agricultural & Forestry Occupation Restriction)

ALL ENQUIRIES

NEWLAND RENNIE WILKINS

www.nrwproperty.com

01291 626783/626775

E-Mail: nick.hill@nrwproperty.com

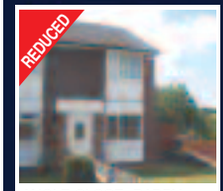
HAVE A STORY? THEN WRITE IN!

● *We welcome your news and other items.*

Please send them to the Editorial Department at: ***ggem@internet-today.co.uk***

174 Holton Road
Barry
Vale of Glamorgan
CF63 4HN

GROVE ESTATES



REDUCED

ANGLE CLOSE, BARRY
- Well presented 2 bedroom end link property
- Gas central heating & double glazed
- Conservatory
- Good sized gardens to front and rear
- Stunning views over countryside
- Viewing highly recommended

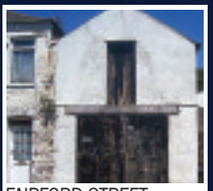
£120,000

ATLANTIC PLACE, BARRY
- 3 bedroom semi-detached in popular cul-de-sac location
- Gas central heating & double glazed
- Occupying large corner plot
- Off road parking
- Offered with vacant possession and no chain

£139,000

ST MARY'S AVENUE, BARRY
- 3 bedroom bay fronted mid terrace in central location
- Gas central heating and double glazed
- Ideal investment/first time purchase
- Offered with vacant possession and no chain

£109,995

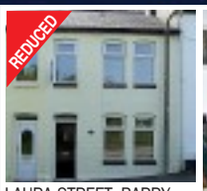


FAIRFORD STREET, (GARAGE) BARRY
- 2 storey coach house currently used as a garage
- Rear yard
- 1125 sq ft (not including rear yard)
- Main utilities supplied
- Planning consent for commercial use
- Offered Leasehold

£60,000

FONMON PARK ROAD, RHOOSE
- Well presented 3 bedroom detached property in semi rural location
- Gas central heating & double glazed
- Conservatory
- Garage and driveway
- Spacious and mature private rear garden
- Viewing highly recommended

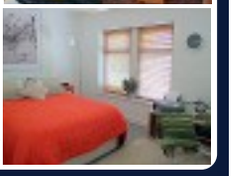
£170,000



REDUCED

LAURA STREET, BARRY
- Very well presented 2 bedroom mid terrace in popular location
- Gas central heating and double glazed
- Good size rear garden
- Double garage/workshop to rear with rear lane access
- Offered freehold

£112,950



REDUCED

JENNER STREET, BARRY
- 3 bedroom mid terrace in popular location
- Gas central heating and double glazed
- Newly decorated throughout
- Ideal first time buy
- Offered freehold with vacant possession and no chain

£99,950

WALNUT GROVE, ST ATHAN
- 3 bedroom end link in popular location
- Gas central heating
- Double glazed
- Ideal investment or first time purchase
- Offered freehold, with vacant possession & no chain

£74,950

QUARELLA STREET, BARRY
- 3 bedroom bay fronted mid terrace in popular locatation
- Gas central heating & double glazed
- 2 reception rooms
- Beautifully decorated throughout
- Many original features remain
- Viewing highly recommended
- Offered freehold with vacant possession & no chain

£119,950

WESTON COURT, BARRY
- 1 bedroom first floor flat in popular location
- Electric heating and double glazed
- Newly decorated and very well presented throughout
- Communal rear garden
- Off street private parking
- Viewing recommended to appreciate
- Offered leasehold

£78,950

PORT ROAD EAST, BARRY
- 3 bedroom semi detached in sought after location
- Gas central heating and double glazed
- Additional loft room
- Detached garage, workshop/utility room and driveway
- Backing directly onto countryside with panoramic rural views
- Viewing highly recommended

£229,950

SSTC

FRYATT STREET, BARRY
- 2 bedroom mid terrace in popular location
- Gas central heating & double glazed
- 2 reception rooms
- Detached single garage to rear
- In need of some refurbishment throughout
- Offered freehold with vacant possession & no chain

£79,950

TO LET
- **High Street, Barry -** 2-3 bed flat.....**£475pcm**
- **South Road, Sully -** 2 bed flat **£550pcm**
- **Lower Guthrie St, Barry -** 1 bed flat **£450pcm**
- **Merthyr Street, Barry -** 3 bed house.... **£575 pcm**
- **Bridge Street, Barry -** 3 bed house **£575pcm**
- **Greenway Court, Barry -** 2 bed house.... **£525 pcm**
- **Jenner Street, Barry -** 3 bed house **£575pcm**
- **Atlantic Place, Barry -** 3 bed house **£625pcm**

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APPLICATION DEADLINE: 5:00PM 22 September 2010

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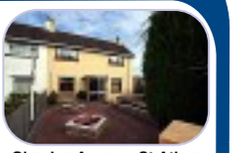

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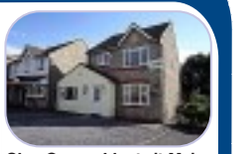

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Amelia Trust's harvest festival weekend brings the crowds to a favourite charity

THE Amelia Trust Farm is established as one of the Vale's favourite charities, and this was proved by the number of visitors that came to its recent open weekend to celebrate its harvest festival.

Volunteers were selling fresh farm produce, and there were, of course, plenty of fun things for the children to do!

PHOTOGRAPHS by GLYN EVANS

Other pictures are available from this event.

Pictures can be purchased by contacting:
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Fresh from the farm!

ABOVE and BELOW: There were karate demonstrations for the visitors to see.

VALE ATHLETES DO THEIR BIT – BUT IT'S NORTH WALES WHO TAKE THE SPOILS!

12th Welsh Inter Regional Track & Field Championships • Cardiff International Sports Stadium

Report by PETER MORRIS Photographs by IAN DIXON

VALE athletes, competing at the final Welsh outdoor domestic track and field fixture of the summer – the 12th Inter Regional championships – will have left the Cardiff International Sports Stadium, this year's venue, with a variety of emotions.

For those who competed for south Wales at the 2009 event at a very wet Swansea University track, there will have been disappointment that, after surprisingly winning the overall points title for the first time in 11 attempts in the backyard of their biggest rivals, west Wales, there was no second consecutive victory.

The west Wales team, guided by Dr Hedydd Davies, were simply better organised, and fielded more athletes in this two athletes per individual event competition and were well worth their clean sweep of all three trophies – men's points, women's points and overall points.

It is true that the south Wales under-20 team, and, to a lesser extent the east Wales team, were affected by an unusual clash of fixtures.

The Cardiff AAC under-20 team, which also included under-17 athletes, was involved in a National Junior League Midland promotion match at Derby, with the result that a number of top youngsters, plus their team manager, Mrs Debbie Bull, were competing there rather than in Cardiff.

Although Barry Road resident Mrs Bull selected the under-20 men's team, she was missed from her usual team manager role at the inter-regional.

To win at this event, you have to field a good number of senior athletes (over 20) – easy to say, more difficult to achieve.

The two Vale 'seniors' who set new championship bests on the day certainly had differing emotions. Both Brett Morse, the former Stanwell and St Cyres pupil, who is now the UK No 1 discus thrower, and Lianne Clarke, who showed real promise with the javelin as a pupil at Cowbridge Comprehensive, had competed at the McCain's UK Challenge final at Leckwith on the previous day.

Morse had won with a throw of 60.62 metres, not far off his season's best, and Welsh record, of 63.35 metres, while Clarke set a season's best of 51.11 metres with the 600 gram javelin to finish second, a performance which will have heartened her and her fan group.

At the inter-regional, understandably, they were below their Saturday best. Morse, a consistent record-breaker at this competition in recent years, added nearly two metres to his 2009 best with a throw of 56.41 metres while Clarke produced a 47.37 metres effort to add nearly a metre to her own championship mark, set in 2004.

While both athletes can take pride in those achievements, Morse can continue to train hard as he prepares for his first Commonwealth Games, in Delhi in October, while Clarke has missed out for a second successive Games and must now turn her thoughts and training towards Glasgow in 2014.

There were five other Vale athletes who claimed wins in the maroon and white colours of south Wales.

Barry Comprehensive sixth former Curtis Mathews must be a joy for any team manager. His combined events background means that he is a potential quality performer in half a dozen events. Here, he did duty in the 100m, high jump, long jump, shot and discus, claiming top three spots in all but the high jump, and winning the discus with a, by his own standards, modest distance of 37.86 metres.

While Brett Morse and Lianne Clarke are established performers, there are high hopes for Mathews in the years ahead.

There were no Vale winners in the under-17 men's section, but Llantwit year-10 Lucy Taylor made the most of the occasion to win the women's long jump with an encouraging best of 4.92 metres.

In the under-15 section, the Stanwell duo of sprinter Tom Williams and thrower Matteo Holmes have impressed throughout the summer, and the year-9 pair continued their success at the inter-regional.

Williams claimed a sprint double, and ran a leg for the victorious South 4 x100 squad but was beaten by old rival Lloyd Robbins (North) in the long jump, while Holmes claimed a discus/hammer double with distances which may have disappointed in the hammer, but given pleasure in the javelin.

It was a delight to see three more Vale javelin throwers competing. Simon Bull surprised himself with victory in the senior men's age group with Fearghas Gough (Stanwell) taking second in the under-20s and tough-as-teak Scott Hewins (Llantwit) finishing third at under-17.

Two Cowbridge year-8 pupils, competing for the under-15 teams, certainly had mixed fortunes.

Annabel Curle, the South Wales Regional Schools under-13 cross-country champion, has been stuck on the 1.40s height in her high jump, but here cleared 1.50 metres for second place, while her school-mate, George Griffiths, the Aviva UK Sportshall under-13 standing long jump champion, cleared 1.60 metres in the high jump, for third place, but had the misfortune to have three no jumps in the long jump, the event where he would have hoped for a better placing.

In the endurance events, Barry Comprehensive year-9 Matthew Collins hacked another chunk off his 800 metres time with a 2:04 clocking, and added further encouraging performances in the 400 metres and relay, while two year-10 pupils, Matthew Edwards (Barry Comprehensive) and Rory Heslop (Bro Morgannwg), who have made their mark over the country, must be wondering what might have been achieved had they taken the 1,500 metres steeplechase event seriously at the start of the season.

Next year's inter-regional event will be hosted by North Wales, possibly at Connah's Quay.

South Wales Region would like to say a big 'thank you' to Llantwit-based Mrs Julie Jones (Cardiff, under-20 men) and Mr Fred Malkin (Barry & Vale, under-17 men) for helping as team managers.

Results of Vale athletes: **Senior men** – 110H (-0.9):3 Derek Osborne (East Wales) 20.66; 4x400: 3 South Wales 3:39.22 (Gareth Hopkins, Hywel Jones, Dafydd Jones, Tom Phillips); HJ: 4 Derek Osborne (East Wales) 1.40; PV: 3 Derek Osborne (East Wales) 2.90; SP: 2 Brett Morse (South Wales) 14.18; 4 Simon Bull (South Wales) 11.37; DT: 1 Brett Morse (South Wales) 56.41 CBP; 5 Simon Bull (South Wales) 31.96; HT: 3 Brett Morse (South Wales) 35.61; JT: 1 Simon Bull (South Wales) 48.32; 4 Derek Osborne (East Wales) 32.38.

Team: 1 West Wales 131; 2 North Wales 130; 3 South Wales 128; 4 East Wales 118.

Junior men – 100(-2.7): 3 Curtis Mathews (South Wales) 11.73; 200 (0.6): 7 Tom Phillips (South Wales) 24.79; 800: 3 5 Dominic Farr (South Wales) 2:04.45; 3,000: 2 Kyle Garrison (South Wales) 13:08.37; 400H: 3 Tom Phillips (South Wales) 60.50; 4x100: 3 South Wales 45.88 (Dominic Farr, Oliver Trotman, Tom Phillips, Gareth Hopkins); HJ: 4 Oliver Trotman (South Wales) 1.80; 5 Curtis Mathews (South Wales) 1.75; LJ: 2 Curtis Mathews (South Wales) 6.57; 4 Sam Bunkham (South Wales) 5.43; TJ: 4 Sam Bunkham (South Wales) 11.69; SP: 2 Curtis Mathews (South Wales) 13.00; 3 Oliver Trotman (South Wales) 10.06; DT: 1 Curtis Mathews (South Wales) 37.86; HT: 4 Kyle Garrison (South Wales) 14.31; JT: 2 Fearghas Gough (South Wales) 44.19; 6 Kyle Garrison (South Wales) 26.81.

Team: 2 South Wales 127.

Under-17 men – 1,500Sc: 2 Matthew Edwards (South Wales) 4:56.89; 5 Rory Heslop (South Wales) 5:14.03; SP: 3 Sam Norman (South Wales) 10.97; JT: 3 Scott Hewins (South Wales) 44.64; 6 Sam Norman (South Wales) 30.00.

Team: 2 South Wales 166.5.

Under-15 boys – 100 (-3.0): 1 Thomas Williams (South Wales) 12.020; 200 (-1.0): 1 Thomas Williams (South Wales) 24.06; 400: 4 Matthew Collins (South Wales) 56.88
800: 2 Matthew Collins (South Wales) 2:04.21; 5 Jake Bosza (South Wales) 2:22.09; 4x100: 1 South Wales 48.00 (Tom Williams, James McLean, Adrian Lawrence, Matthew Collins); HJ: 3 George Griffiths (South Wales) 1.60; LJ: 3 Thomas Williams (South Wales) 5.78; George Griffiths (South Wales) nj; DT: 3 Matteo Holmes (South Wales) 29.63; HT: 1 Matteo Holmes (South Wales) 35.530; JT: 1 Matteo Holmes (South Wales) 42.93; 2 Tom Adams (South Wales) 35.02.

Team: 2 South Wales 116.

Senior women – 100(-4.0): 5 Samantha Gamble (South Wales) 13.20; JT: 1 Lianne Clarke (South Wales) 47.37 CBP.

Team: 2 South Wales 74.

Under-17 women – 100 (-1.7): 6 Ellie Carter (South Wales) 13.85; 300: 4 Ellie Carter (South Wales) 47.51; 1,500: 3 Fiona Bray (South Wales) 5:39.81; 3,000: 3 Caitlin Bryant (South Wales) 12:13.35; 4x100: 3 South Wales 53.74 (Phillips, Lewis, Ellie Carter, Roberts); LJ: 1 Lucy Taylor (South Wales) 4.92; SP: 3 Sarah Herbert (South Wales) 8.30; 6 Ellie Carter (South Wales) 6.72.

Team: 2 South Wales 151.

Under-15 girls – 100 (-2.3): 7 Chelsea Siirak (South Wales) 13.74; 800: 2 Lucy Tarrant (South Wales) 2:32.88; 4x100: 3 South Wales 54.39 (Isobel Hughes, Lara Durrani, Chelsea Siirak, Emma Johnson); HJ: 2 Annabel Curle (South Wales) 1.50.

Team: 2 South Wales 131.

Male points trophy: 1 West Wales 603.5; 2 South Wales 537.5; 3 East Wales 385; 4 North Wales 374. Female Points trophy: 1 West Wales 564.5; 2 South Wales 356; 3 North Wales 272; 4 East Wales 195.5.

Overall trophy: 1 West Wales 1168; 2 South Wales 893.5; 3 North Wales 646; 4 East Wales 580.5.

Not a Brett Morse but good points in five under-20 events for Curtis Mathews.

Winner! Year-10 Lucy Taylor (Llantwit) in the under-17 long jump.

A very encouraging 1.50 metres clearance for Cowbridge year-8 Annabel Curle.

It was a confidence-boosting weekend for Delhi-bound Brett Morse.

Matthew Edwards (Barry Comprehensive) in the 1,500 metres steeplechase.

Oliver Trotman contributed in under-20 events and for the relay team.

ABOVE: The top under-15 boys sprinter in Wales, Tom Williams (Stanwell, No 5) on his way to victory in the 200 metres. He also took the 100 metres.

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VALE OF GLAMORGAN COUNCIL
LEGAL, PUBLIC PROTECTION & HOUSING SERVICES
MARRIAGE ACT 1994 AND CIVIL PARTNERSHIP ACT 2004

Take notice that the above department has received the following application under the above Act from Millennium and Copthorne Hotels for The Copthorne Hotel, Culverhouse Cross, Cardiff, Vale of Glamorgan, CF5 6DH to be a premise approved as a venue for Marriage and Civil Partnership Ceremonies.

This application and associated plans are available for public inspection between 9.00 a.m. - 4.00 p.m., Monday to Friday at the Civic Offices, Holton Road, Barry CF63 4RU.

Any person wishing to object to the grant of this approval should write to the above address giving reasons for their objection within 21 days of the date of publication of this notice.

Peter H Evans
Director of Legal, Public Protection & Housing Services

CYNGOR BRO MORGANNWG
GWASANAETHAU CYFREITHIOL, AMDDIFFYN Y CYHOEDD A THAI
DEDDF PRIODI 1994 A DEDDF PARTNERIAETH SIFIL 2004

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Gall aelodau'r cyhoedd weld manylion y cais a'r cynluniau cysylltiedig rhwng 9.00 am - 1.00 pm., ddydd Llun i ddydd Gwener yn y Swyddfeydd Dinesig, Heol Holton, Y Barri CF63 4RU.

Os ydych chi'n dymuno gwrthwynebu'r cais hwn, dylech anfon gwrthwynebiad ysgrifenedig yn cynnwys rhesymau i'r cyfeiriad uchod cyn pen 21 diwrnod ar ôl cyhoeddi'r hysbysiad hwn.

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of **Unit 4, Ty Verlon Ind. Est, Cardiff Road, Barry CF63 2BE**
is applying for a licence to use:
Unit 4, Ty Verlon Ind. Est, Cardiff Road, Barry CF63 2BE
as an operating centre for 1 goods vehicle.

Owners or occupiers of land, including buildings near the operating centre(s) who believe that their use or enjoyment of that land would be affected, should make written representations to the Traffic Commissioner at **Welsh (Cymru) Traffic, 38 George Road, Edgbaston, Birmingham B15 1PL** stating their reasons, within 21 days of this notice. Representors must at the same time send a copy of their representations to the applicant at the address given at the top of this notice. A guide to making representations is available from the Traffic Commissioner's Office.

LICENSING ACT 2003

To whom it may concern:
I, **LYNDON BEDDOE,** do hereby give notice of an application to the Licensing Authority (Vale of Glamorgan Council) for a new grant of premises licence to supply alcohol to diners at **The Sizzling Pan, 3 Plymouth Road, Barry Island CF62 5TY.**
Any person wishing to make representations to this application may do so by writing to the Senior Licensing Officer, Civic Offices, Holton Road, Barry CF63 4RU not later than 28 days after the date of this notice (as below).
Representation received after this date will not be considered.
It is an offence knowingly or recklessly to make false statements in connection with this application, the maximum fine for which a person is liable on summary conviction being £5,000.
Date: 9th September 2010.

PRESS NOTICE
Brackla Industrial Estate

On behalf of Bridgend County Borough Council in partnership with the Regeneration Investment Fund Wales Barton Willmore are organising a Public Exhibition on the Draft Development Brief for Brackla Industrial Estate.

Thursday 23rd September 2010
Gilead Chapel Hall, Coity from 2pm until 9pm
Friday 24th September 2010
Brackla Tabernacle from 10am until 5pm
Saturday 25th September 2010
Brackla Tabernacle from 10am until 2pm

Members of the Planning & Design Team from Barton Willmore will be in attendance.

The exhibition will then be displayed unmanned in the Bridgend Council Reception, Angel Street, Bridgend following the exhibition until 5th November 2010.

HYSBYSIAD I'R WASG
Ystâd Ddiwydiannol Bracla

Ar ran Cyngor Bwrdeistref Sirol Pen-y-bont ar Ogwr mewn partneriaeth gyda Chronfa Buddsoddi Cymru mewn Adfywio, mae Barton Willmore yn trefnu Arddangosfa Gyhoeddus ar y Briff Datblygu Drafft ar gyfer Ystâd Ddiwydiannol Bracla.

Dydd Iau 23ain o Fedi 2010
yn Neuadd Capel Gilead, Coety o 2pm tan 9pm
Dydd Gwener 24ain o Fedi 2010
yn Nhabernacl Bracla o 10am tan 5pm
Dydd Sadwrn 25ain o Fedi 2010
yn Nhabernacl Bracla o 10am tan 2pm

Bydd aelodau o'r Tîm Cynllunio a Dylunio o Barton Willmore yn bresennol.

Bydd yr arddangosfa wedyn ar gael i'w gweld heb oruchwyliaeth yn Nerbynfa Cyngor Pen-y-bont ar Ogwr, Stryd yr Angel, Pen-y-bont ar Ogwr ar ôl yr arddangosfa tan y 5ed o Dachwedd 2010.

THE VALE OF GLAMORGAN COUNCIL PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT, 1990
CYNGOR BRO MORGANNWG DEDDF CYNLLUNIO (ADEILADAU RHESTREDIG AC ARDALOEDD CADWRAETH) 1990

NOTICE is hereby given that application has been made to the Council for planning permission for the undermentioned developments:

HYSBYSIR trwy hyn i geisiadau gael eu gwneud i'r Cyngor am ganiatâd cynllunio ar gyfer y datblygiadau canlynol:

Development in Conservation Areas
Datblygiad mewn Ardaloedd Cadwraeth

Application No:/
Rhif y cais: 2010/00924/FUL
Proposal:/Cynnig: Retention of classroom block
Location:/Lleoliad: Headlands School, St. Augustines Road, Penarth
Conservation Area: /Ardal Gadwraeth Penarth

Application No:/
Rhif y cais: 2010/00939/FUL
Proposal:/Cynnig: Renewal of 05/01154/FUL for conversion of existing roof space to flat. Demolition of existing flat roof extension to rear. Construction of small 2 storey extension to rear for first floor bedroom and ground floor kitchen/dining room also store for shop
Location:/Lleoliad: 9, Station Road, Dinas Powys
Conservation Area:/ Ardal Gadwraeth Dinas Powys

Development that might affect the setting of a Listed Building
Datblygiad a allai effeithio ar amgylchedd Adeilad Rhestredig

Application No:/
Rhif y cais: 2010/00920/FUL
Proposal:/Cynnig: The proposal is to remove two columns from the kiosk to open up the front elevation onto the promenade. Also to remove three air vents and install three windows on the rear elevation overlooking Whitmore Bay, improving both the outlook from the unit and the view back from the beach itself.
Location:/Lleoliad: The Promenade Cafe, The Promenade, Barry Island, Barry
Listed Building:/ Adeilad Rhestredig Affecting Seafront Wall, Barry Island, Grade II

TOWN AND COUNTRY PLANNING (GENERAL DEVELOPMENT PROCEDURE) ORDER 1995
GORCHYMYN CYNLLUNIO GWLAD A THREF (TREFN DATBLYGIAD CYFFREDINOL) 1995

Application(s) which might affect a Public Right of Way
Ceisiadau a allai effeithio ar Hawl Tramwy Cyhoeddus

Application No:/
Rhif y cais: 2010/00912/FUL
Proposal:/Cynnig: Three new one bed flats on a vacant site adjoining the applicant's property. Covered ground level parking for 3 cars with forward movement onto and off site.
The diversion of part of a public footpath with the improvement of the path's surface, new lighting, new handrails and the clearance of overgrown vegetation.
Location:/Lleoliad: The Old Post Office, St. Brides Major

Full details (including plans) may be inspected during normal working hours for a period of 21 days in the offices of the Head of Planning and Transportation at the address given below, or via the Council's Online Applications Register at vog.planning-register.co.uk
Mae'r holl fanylion (gan gynnwys y cynlluniau) i'w gweld yn swyddfeydd Pennaeth Cynllunio a Chludiant y cyngor (gwelwch y cyfeiriad ar waelod y dudalen) yn ystod oriau arferol swyddfa, am gyfnod o 21 o ddiwrnodau. Cewch eu gweld hefyd ar Gofrestr Ceisiadau Ar-lein y cyngor drwy fynd i vog.planning-register.co.uk.

Dated: 16 September, 2010
Rob Thomas
Head of Planning and Transportation
The Vale of Glamorgan Council,
Dock Office,
Barry Docks,
Barry
CF63 4RT

Dyddiedig: 16 Medi, 2010
Rob Thomas
Pennaeth Cynllunio a Chludiant
Cyngor Bro Morgannwg,
Swyddfa'r Doc,
Dociau'r Barri,
Y Barri
CF63 4RT

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Family Notices

McNeil-Jones
'Mike'

Brenda, Dean and Ita would like to thank their family, friends, neighbours and all who attended his funeral and for the kindness and support given at this sad time. Mike will be very much missed by all who loved him. Thanks to the Rev Norman Williams and Thomas Bros.

GEOFFREY POWELL
Died August 12, 2010

Jean and Philip would like to thank family and friends from far and near for the hundreds of cards and kind acts of sympathy on their sad loss of Geoff. Their generous donations have enabled £700 to be sent to each of the charities - Cancer UK and Multiple Sclerosis. He was a loving husband and great Dad, and will be greatly missed by all who were fortunate to know him.

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PIANO Excellent condition, tuned recently £220. Buyer collect. Tel: 01446 710573. **(38)**

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YAMAHA GRAND PRO Full size keyboard with case and stand, excellent condition £70. Casio full size keyboard with case, excellent condition £60. Tel: 01446 748801. **(38)**

FRENCH POLISHED Dining room table. 6ft length, 6 chairs, will extend and seat up to 10 people. Excellent condition £300 ono. Matching cabinet £150 ono. Tel: 01446 796720. **(38)**

SAMSUNG DVD PLAYER Cost £194, sell for £99. Not used. Tel: 01656 783377. **(37)**

BATHLIFT Unused £200. Stairlift £250. Tel: 01446 792073. **(37)**

PINE TABLE & CHAIRS with matching dresser and wall clock. As new £300 ono. Tel: 01656 737875 or 07913 245971. **(37)**

WARDROBE & bedside cabinet £50. Full size wooden ladders £20. Tel: 01656 890155. **(37)**

KITCHEN UNITS, floor and wall, light beech, mint condition with five drawers, black work tops 240mm. Franke sink with mixer tap - £200 ono. Tel: 01446 406884. **(37)**

SHOPRIDER CAMEO SCOOTER, maximum user weight 250 pounds, 3 sets of colour panels, £300 ono. Tel: 01446 741985/07577 886406. **(37)**

YORK C740 FITNESS BIKE Platinum series, as new, hardly used £150 ono. Tel: 01446 792126. **(36)**

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MOBILITY SCOOTER Shoprider Sovereign & raincape, capacity 18 stone, range 20 miles £355. Tchibo stepper and arm toner, adjustable height/resistance, in-built computer £12. Buckingham walking frame caddy, grey plastic, as new £11. Tel: 01446 774185. **(36)**

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CRASH HELMET As new £20. Free battery charger. Tel: 01446 793769. **(36)**

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LARGE Upvc INTERNAL DOORS. 2 metres x 1 metre plus fittings. £100. Tel. 01446 795873. **(35)**

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DRESSING TABLE & CABINET. Teak G-Plan £25. Tel. 01446 793225. **(35)**

2 PINE GRANDFATHER CHAIRS with fitted cushions. Bargain, £60. Tel. 01446 796681. **(35)**

GLASS CABINET 3-door (2 cupboard and 2 drawers) £100; 2 Easy Chairs - £100. Tel. 01446 401612. **(35)**

ACORN STAIRLIFT, hardly used, fits straight staircase, price includes delivery and fitting by trained Acorn engineer. price includes free 3 months Acorn warranty, £850. Tel. 01446 736781. **(35)**

Motors For Sale

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COWBRIDGE BOWLING CLUB NEWS

'Friendly' battle of the sexes ends in victory for the men

THE annual fixture for the Barwick Cup took place last Saturday – a social game of bowls with the ladies team challenging the men.

Top honours for the men's team went to John Jones' quartet of Ron Frayling, Howard Owen, Mansel Davey, and John as skip, beating a ladies' team skipped by John's wife May. **Score: Men 23, ladies 6.**

Top honours for the ladies went to Sue Flower's quarter of Mary Thomas, Thelma Jones, Shirley Wilkinson and Sue as skip, beating a men's team skipped by Dennis Snelling. **Score: Ladies 16, men 11.**

John Bradley's rink, with Lynda Wilson leading, Jan Lewis at two, Pauline McAllen at three and Joan as skip led all the way against David Jones' rink, but gave away three shots on the last end.

The result: a 20-20 draw.

On the other two rinks, Roger Barwick and Norman Wilkinson's teams had good wins, ensuring that the men retained the bragging rights for 2010.

Junior finals day

THE junior section of the club held its two end-of-season singles finals last Sunday.

An excellent morning's play was witnessed by the Mayor of Cowbridge, Coun Len Taylor, his consort Janet Legg (both club members), club president Pat Davey, parents, grandparents and senior club members.

In the first of the finals, for the Cowbridge 750 Trophy, Logan Lloyd beat his younger brother Max Lloyd.

Max had also won his way through to the under-16 finals, and this time Max ran out the winner, beating his older opponent, Elliott Rees.

There was also a fun tournament for four girl members. Jasmine Emery and Claudia Howells (new members from Llangan school) narrowly beat Vicky Bennett and Jemma Thornton (first year pupils at Cowbridge Comprehensive).

The Mayor presented trophies to the winners.

MB

With the Mayor of Cowbridge and his consort are (left to right): Jasmine Emery, Claudia Howells, Jemma Thornton and Vicky Bennett.

LEFT: Brothers Logan Lloyd (left), the winner of the Cowbridge 750 Trophy, and Max Lloyd, the under-16 champion.

RHOOSE BOWLS CLUB NEWS

Finals Day sees close competition

RHOOSE bowling club held club finals on Saturday, September 4.

The opening matches were the four bowl singles games.

The men's match saw father and son in opposition. Les Parsons junior was playing his son, Darren. It wasn't Darren's day, with Les leading from the opening end, finally winning by 22 – 6.

The ladies' final was between Sue Dance and Jo Hopkins. This was a closer match with Sue winning by 21 – 17.

In the men's pairs, Mike White and Les Parsons junior faced Paul Williams and Ron Craig. A fiercely contested match saw Paul and Ron win by two shots.

In the ladies' pairs final, Anita Shears and Mo Dutton played Sue Dance and Jo Hopkins. Anita and Mo won by 20 – 14.

The mixed pairs saw Sue in action again, with Ron Evans as her partner. Their opposition were Anita Shears and Rhodri Davies.

This was another close match with each pair taking the lead but eventually, experience came to the fore and Sue and Ron won by 15 – 12.

The men's two bowls singles saw Les Parsons junior in action again. His opponent this time was Phil Watts, who won a close match.

The final match of the day was also Sue Dance's fourth final. In the two bowls singles, she again faced Jo Hopkins.

Despite leading for most of the match, Sue was surprised that Jo scored on the last few ends to draw level on the allotted 18.

An extra end was played, on which Sue managed to secure one shot to win the game.

Club president Bert Ewerts presented the trophies to the winners, complimenting them on the standard of their bowling.

It was also encouraging to see several new players featuring in the finals.

The club looks forward now to a visit from the Welsh bowls Commonwealth team for their final practice on Sunday, September 19.

JH

WRITE IN!
● WE welcome your sports reports and other items. Please send them to: ggem@internet-today.co.uk

Vale Karate's British championship success

EDINBURGH'S world-famous Meadowbank stadium was once more the venue last weekend for the British Karate Championships.

Even before the event started, the already small Vale squad was rocked by the withdrawals through illness of potential medallists Sarah Morgan and Rhys Davies.

Although medal prospects looked reduced, Vale Karate got off to an brilliant start when Leah Copeland earned an impressive silver medal in the under-16 girls kata.

Elliot Evans, at 17 already a regular member of the Welsh squad, won a silver medal at July's British Open in Glasgow.

He showed that achievement was no fluke by going one better to take his first individual British title, winning the junior male under-18 - 55Kg division.

Without Rhys Davies, the Vale Karate under-18 team was left with just Elliot and Luke Davies who, having recently celebrated his 16th birthday, was making his under-18 debut.

Nevertheless, they defied the odds, falling one short of their ultimate goal, settling for a very hard-fought team silver medal.

Vale Karate's kumite coach Gareth Reynolds recently returned from the Welsh squad's trip to the Celtic Karate Cup in Brittany, where he was individual open-weight champion.

As in Brittany, he started slowly before eventually finding top gear in the final, taking the British title with a fantastic 10-2 win.

Demi White, a British Open champion in July, was the Vale's star during Sunday's children's events.

With another series of characteristically brave and exciting performances; Demi won Vale Karate's third gold medal of the weekend, the under-14 girls open-weight event, and her second British title of the year.

RC

ABOVE: Gareth Reynolds.

RIGHT: Demi White.

RUGBY TOURNAMENT FOR THE MINIS AND JUNIORS HAILED A RESOUNDING SUCCESS

PHOTOGRAPHS by IAN DIXON

ON a cold and wet September morning, Llantwit Major RFC mini and juniors kicked off their season by hosting a tournament sponsored by Sinclair Direct.

A great deal of hard work had been put into organising the event by the minis committee and the sponsors. Thirty two teams from the Blues region braved the elements, ranging from under-8s to under-11s.

The weather certainly did not dampen the standard of play from the four competitions, even though the players, coaches and referees had to cope with the new pathways laws.

The standard of play was quite outstanding so early in the season, and this was further boosted by the arrival of Blues, Wales and Lions legend Tom Shanklin.

Tom posed for photos and signed autographs, and was a true ambassador for professional rugby. He had time for everyone, and presented medals to the winning teams and runners-up.

All players who entered the competition received a medal for their efforts.

As well as the rugby, there were competitions run by the sponsors, bungee jumps and refreshments served throughout the day. The day proved to be a massive success, and it is hoped to make the tournament an annual event.

There are too many people to thank, but well done to all who worked so tirelessly to make the day a great success - bring on next year!

RG

It's yet another win for Am I Blue!

ON AND OFF THE TURF with Brian Lee

KENFIG HILL'S Delyth Thomas has never had so much publicity in the national press since her *Am I Blue*, backed from 25-1 to 5-1, landed a huge gamble at Hereford Races recently.

All eyes were on her four-year-old filly when she lined up again at Newton Abbot just five days later – this time, she stormed home again by 22 lengths from *You Can Of Course*.

Am I Blue's Hereford win is the subject of a British Horse Racing Authority investigation and Mrs Thomas told me: "On the way to Newton Abbot, I received a telephone call to say that after heavy rain the going, which had been on the good side, was now getting soft and I didn't know how my filly would act on it."

She added: "Had it not been for all the controversy over the Hereford race, I would have withdrawn her, but I decided to let her take her chance and Richard (Johnson, the winning jockey) told me she went very well on it and, of course, I was delighted with the result."

However, Mrs Thomas is still smarting from some of the things that have been said in the national press and by one racing commentator in particular.

She claims she doesn't know who was behind the massive gamble on her filly and believes the fact that she replaced Cowbridge's Deano Coleman, a 5lb claiming jockey, with top jockey Richard Johnson may have been the cause, as punters read more into the jockey change than they should have.

She said: "Contrary to what some newspapers have been saying, there was nothing sinister about the change of jockey. Dean hadn't had much sleep after his grandmother had been taken ill during the night and, truth be known, he had become somewhat disillusioned with racing, as many jockeys do from time to time."

Am I Blue used to be owned by Cardiff bookmaker David Lovell and trained by Aberthin's Tim Vaughan, and rumours that it had been given a trial on Tim's gallops were scotched by Mrs Thomas.

She said: "It's simply untrue. I trained her on my own circular gallops, where I train my Arabian horses."

Meanwhile, Vaughan had plenty to smile about last week, saddling another two winners. His three-year-old *Sassanian*, owned by Michael Page, finally made it to the winner's enclosure after a string of second and third places when winning the juvenile hurdle at Sedgefield, and his *Ben's Folly*, owned by David Lovell and backed from 6-1 to 9-2, was successful at Uttoxeter.

FLINT ENJOYS EVEN MORE SUCCESS WITH LUTINE CHARLIE!

***Lutine Charlie*, a three-year-old bay gelding, owned by Mr Jason Tucker, and trained at Kenfig Hill by John Flint, landed a little gamble at Bath Races last week when winning the Brains Beer Handicap under Russ Kenemore.** Backed from 3-1 to 9-4 favourite, *Lutine Charlie* won by a neck from *Catchanova*, gaining revenge for a half-a-length defeat by the Eve Johnson-Houghton-trained runner recently.

Email your news and views to Brian Lee at leebrian@btinternet.com or phone him on 029 2073 6438.

WRITE IN!

● WE welcome your sports reports and other items. Please send them to the Editorial Department at: ggem@internet-today.co.uk

RUNNING FROM BOSTON TO AUSTIN...

Scott, Rhys and Rusty's American marathon challenge

Rhys and Scott Jenkins preparing for their amazing 2,000 mile run from Boston to Austin.

IF you thought that Eddie Izzard's marathon efforts for 'Sport Relief' were incredible, then you'll be even more amazed by the ultra-endurance charity challenge that one of the Vale Council's exercise referral professionals is tackling this autumn.

Scott Jenkins is swapping Barry Leisure Centre to go stateside and run more than a marathon *every day* for two and a half months, as he attempts to complete the 2,000 mile journey across the USA from Boston to Austin.

That's nearly twice the distance Eddie Izzard covered when he ran 43 marathons in 51 days!

Twenty-nine-year-old Scott will be joined on his mammoth challenge by his brother Rhys, a LifeStyle member who has been hitting the gym at Penarth Leisure Centre even more often recently in preparation for the run, and their friend Rusty Tolliver, who lives in Texas.

The courageous trio begin their 'Boston to Austin – Hit the Road Running' challenge on September 15 and have set themselves a target of finishing by early December. They are aiming to raise £20,000 to £30,000 for charity, with the funds being split between the British Heart Foundation, Young Texans Against Cancer, and Help the Heroes/Salute America's Heroes – two charities that help wounded soldiers in the UK and America.

Running one marathon is more than most people can manage and it takes months of training, with weeks of painful joints and blisters afterwards, so how has Scott prepared for his gruelling Forrest Gump-esque test?

Scott said: "In the past I have run two official marathons, but to complete so many on consecutive days is a whole different ball game.

"A big task in training has been to make sure I maintain my weight and that will be really important throughout the run as I will burn off thousands of calories each day, so it's vital that I take on the right amounts of food and drink to keep my energy levels high."

Scott's friends and family are obviously right behind him as he prepares for the run, while his clients, who are training at Barry Leisure Centre as part of the exercise referral scheme, have been astounded by what he is about to undertake.

Scott added: "It's an insane challenge, but life is about getting out there and doing something different. I'm not aware of anyone who has attempted this particular challenge before, and we are hoping to raise massive amounts for charity.

"We all have close friends who have served in Afghanistan and Iraq, so the military charities are particularly close to our hearts."

You can follow Scott, Rhys and Rusty's progress in the build up to, and during, the run online at *www.2000milerun.com*, where you can also find out how you can pledge your support and donate.

The three friends will run up to 30 miles a day.

The route will see the trio take in nine states including New York, Pennsylvania, Ohio, Kentucky and Tennessee, and they will pass through 109 towns and cities.

Llantwit Major Bowls Club celebrate 50th anniversary

ABOVE: Roy French, Arthur Harvey, Vera Wickenden and Mike Adams before their final.

THE weather stayed kind for the bowls club's week of fun activities.

Intended as a light-hearted celebration of the 50th anniversary, the week saw four different variations on the game of bowls, none of which have been seen in Llantwit before.

Tuesday had four rinks of ladies taking on the men in a rather different format.

After an end was played, each player moved up one so that the next end had them bowling one earlier in the order, with the lead going to the back as skip.

After initial confusion, which added to the buoyant spirits, most rinks succeeded in struggling through to the end.

It was necessary to adjust the scores to account for some irregular behaviour by the men, after which the ladies were declared the winners.

On Wednesday, the ladies champion, Kay Johnes, took on the men's champion Bert Colling, in a grand challenge match.

A system of handicapping had Kay playing with four bowls, while Bert had to content himself with three! Added to this, it was Kay's jack each end.

An enthusiastic audience thoroughly enjoyed the game, which was won by Kay in grand style to continue her successful season.

On Friday, the bowlers had a taste of what it is like to play Crown Green Bowls.

This version of the game is usually confined to the north of England, and only a few of Llantwit's members have knowledge of it.

Playing on a flat green gave an experience of a very different style of playing.

The greatest innovation was saved for Saturday afternoon, blessed with glorious sun, for the inaugural 'one bowl doubles' competition. No-one has seen this before and some ingenious ploys were anticipated from those members who have devious minds.

Played in the World Cup style of groups whose winners go on to the knockout stage, it provided a new challenge for the enthusiastic participants.

Mike Adams and Roy French won the final, beating Arthur Harvey and Vera Wickenden.

A serving of hot pasties helped to seal a successful week of celebrations.

EPS

Cowbridge under-11s retain Aberdare trophy

COWBRIDGE under-11s headed into the heart of the Cynon Valley with one goal in mind - to win the Aberdare tournament for the second year running.

Ironically, the first game was against Bridgend Athletic, who had beaten the boys convincingly only seven days earlier. From the kick off, Bevan Howells made a huge tackle on his opposite number and set the tone for the game.

The Cowbridge forwards dominated at the break down, while the backs moved the ball to test the Athletic defence. Evan Williams opened the scoring and secured a 5–0 half time lead.

The second half saw more of the same with Jac Roberts, Jake Griffiths and Sam Corkill superb up front. Ioan Lewis and Rhys Bradshaw were able to supply good ball for Evan Williams, Luke Beattie and Bevan Howells to probe for openings.

The Athletic defence was superb but with the last play of the game, Max Lucas drove at the defence and the ball was moved to Bevan Howells who touched down for a final score of Cowbridge 10, Bridgend Athletic 0.

The next two games against Hirwaun and Aberdare saw the boys move the ball all over the park. Once again the forward efforts of William Davies, Dan Marshall and Cameron Roy, added to the boys from the first game, gave the talented back line the freedom to run.

Both games saw spirited defence from the opposition but tries from Bevan Howells, Rhys Bradshaw, Evan Williams, Luke Beattie, Rhydian Williams and Max Lucas saw Cowbridge win both games, 35–0 and 30–0 respectively.

The final group game saw a replay of last year's final against Abercynon. Once again, the boys would dominate proceedings against a very talented Abercynon outfit. The stand out feature of this game would be the way the boys nullified the dangerous opposition backline.

Jac Roberts was at his brilliant best and terrorised the opposition fly half. He was ably supported by every one of his team mates and Rhydian Williams opened the scoring.

The forwards recycled endless ball and Ioan Lewis' service was excellent as the speedy backline constantly tested their opposite numbers. Tries from the excellent Jake Griffiths, Evan Williams and a wonderful jinking effort from Rhys Bradshaw gave Cowbridge a 20–0 half time lead.

A few changes were made and further tries from Luke Beattie and the impressive Bevan Howells saw a full time of Cowbridge 30, Abercynon 0.

The final pitched Cowbridge against a Mountain Ash side who had also won all their group games without conceding a single try. Once again, Cowbridge would dominate the game while playing the open style of rugby that is becoming their trademark. Evan Williams opened the scoring with an impressive turn of foot.

This was followed by a double from Bevan Howells and a superb try from the ever-abrasive Rhydian Williams for a half time lead of 20–0.

The second half saw various personnel and positional changes, as all the boys would play their part. William Davies impressed with a couple of barnstorming runs, while Cameron Roy and Dan Marshall both competed well.

From a kick off, Bevan Howells gathered and crashed through the defence to increase the lead. Further tries followed from the excellent James Guard, Max Lucas and Rhydian Williams before Mountain Ash added a consolation try of their own, for a final score of Cowbridge 40, Mountain Ash 5.

After the disappointment of last week's opening fixture, the coaches were looking for a reaction and an improvement in the boys performance. Well, the boys exceeded all expectations. Everyone played their part in a superb display of open running rugby and they should all be extremely proud of themselves.

Thank you to all the boys from the opposition sides. Every game was keenly contested with all teams contributing to an excellent day of competitive rugby. An additional thank you to all from Aberdare RFC, for their superb organisation and their extremely warm welcome. Congratulations to all the referees, who were excellent and a pleasure to be involved with.

Squad: Bevan Howells, Cameron Roy, Dan Marshall, Evan Williams, Ioan Lewis, Jac Roberts, Jake Griffiths, James Guard, Luke Beattie, Max Lucas, Rhydian Williams, Rhys Bradshaw, Sam Corkill, William Davies.

ML

LLANTWIT MAJOR JUNIOR FOOTBALL ROUND-UP

15 matches in four days make for a gruelling test!

IT has been a busy week for Llantwit Major juniors, with 15 matches played in four days.

In midweek, the under-12As won their first match with a 7–0 victory over Cowbridge B.

Toff Patel notched a hat-trick with Dan Vickers, Otto Guwy, Cai Evans and Leo Kerry scoring the others.

The under-12B side visited Cowbridge A and lost 8–3, with Ben Simpson, Alex Parry and Jonnie Sparks the Llantwit goalscorers.

On Saturday, the under-12A were without a game, while the under-12B team lost 10–0 at home to Dinas Powys A.

The under-13 team won both their matches in midweek. They beat Cowbridge 2–1 at Windmill Lane.

Ryan Clarke opened Llantwit's account and an own goal made it 2–0.

The visitors pulled one back, but it was not enough to deny Llantwit victory.

On Saturday, two goals from Will Perkins were enough to give Llantwit a 2–0 away win at High Street Harriers.

Connor Clarke was outstanding for the under-14A side who beat Cowbridge 7–0 at Corntown.

He scored five goals and, in a superb team performance, further goals were scored by Jake Sutch and Kyle Harman.

Hugo Billington saved a penalty to deny Cowbridge, and Llantwit romped to victory.

The under-14B have had a tough week – in midweek they lost 7–0 against Penmark United at Windmill Lane and on Saturday, they lost 7–2 at Wenvoe, with Matthew Sanderson and George Thompson scoring.

Tom Rawlings played well for Llantwit, who had to defend against a strong Wenvoe side.

In midweek, the under-15A kicked off their season with a 4–2 victory at Holton Road.

It was a good start against a Holton side who are always tough to beat.

Llantwit's marksmen were Tom Russell, Edward Howley, Geraint Jones and Connor Taylor.

Cowbridge beat the under-15B at Windmill Lane 3–1, with Ryan Glenton on target for the Major.

On Saturday, the under-15A side were without a fixture; however, the under-15B team visited Sully Sports A and lost 4–1, Ryan Glenton again Llantwit's goalscorer.

The under-16s had a good week. They beat Cowbridge 11–1 in midweek at Cowbridge Leisure Centre and on Saturday drew 1–1 at home to Dinas Powys.

Lewys Jones and Yegor Young notched hat-tricks at Cowbridge, with Dafydd James Isaac (two), Rob Sawyer, Luke Wiltshire and Dan Owen scoring the others.

Dinas Powys were much tougher opposition. Dafydd James Isaac put Llantwit in front, but the visitors equalised for a share of the points.

GWYN JOHN

WRITE IN!

● WE welcome your sports reports and other items. Please send them to the Editorial Department at: ggem@internet-today.co.uk

Success for Cowbridge Karate club instructors

ON Saturday, July 24, two instructors from the Cowbridge Karate Club took part in the British Karate Kyokushinkai Welsh Regional Open Knockdown tournament at Rhydycar Leisure Centre, Merthyr Tydfil.

Sempai Eira Culverwell (2nd Dan) was awarded second place in the ladies' open lightweight category with an outstanding performance against a strong, experienced opponent.

She narrowly missed out on first place in a fight that went to two extra, gruelling rounds after a split decision could not separate the fighters.

Sensei Roger Nevens (4th Dan), a senior instructor at the Cowbridge Karate Club, faced challenging opponents in the men's open heavyweight category.

He used his years of fighting experience to achieve a respectable third place.

Cowbridge Karate Club is a long-established amateur organisation which practises traditional karate and self-defence.

Training sessions are at Cowbridge Leisure Centre on Mondays and Fridays – juniors 6pm to 7pm and seniors 7pm to 8.30pm.

There is also a kata session for higher grades on Tuesdays from 7pm to 8pm.

For further information about the club, visit www.ckjk.co.uk.

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Tom's back in school as British champion!

Photograph by Chris Walker (www.kartpix.net).

ABOVE: Tom Harvey (second from right) celebrates his championship success on the podium.

BONVILSTON'S Tom Harvey is the new British MSA Cadet Super 1 champion!

The 12-year-old Cowbridge Comprehensive pupil travelled to Whilton for the penultimate outing in the fiercely-contested Super 1 Series, with a commanding 45-point advantage in the drivers' standings.

Tom said: "I love Whilton Mill as a track; I know it like the back of my hand and I've won nearly every time I've been there lately, which helped my confidence loads."

However, carburettor issues saw to it that Saturday went far from according to plan. Tom qualified a distinctly unaccustomed 13th out of 28.

Happily, overnight changes transformed his Fusion Motorsports mount, and in heat two the following morning he stormed through from 13th place to second, less than 3/10ths adrift of the winner and with a better fastest lap time to his name to boot.

The heavens then opened prior to the first final, which theoretically left Tom on the back foot once more with no wet set-up to resort to. Theoretically.

"I started the first final seventh, and quickly worked my way up to third. I was then able to break away from the pack behind, but with it being so greasy out there it was really hard work.

"I was really pleased to finish third, and fastest lap proved I had the pace in the wet as well."

Even more importantly, with Lando Norris and Max Vaughan – the only two drivers who could mathematically pip him to the laurels – both winding up outside of the top ten, Tom was one step closer to lifting the laurels, too...and the second final would seal the deal.

Tom said: "My teammate Nathan Aston was on pole, and my plan was to push him away at the start and then keep pushing the two of us clear of the rest of the field.

"We opened up a huge gap back to third place, and then I just pushed Nathan over the finish line. He wasn't a threat to me in the championship, so I didn't need to beat him and I happily settled for second.

"It felt great to take the chequered flag – I went over the line celebrating with my fist in the air! It was absolutely amazing when they confirmed that I was British Champion – Lando and Max have both been such tough competitors and the three of us have had some really good battles together, and this is what we've been working so hard for all year.

"I need to say a massive 'thank you' to Fusion Motorsports, team boss Dan Hazlewood, my mum and dad and Leon and Di at Soixante Racing for fantastic engines. I'm just over-the-moon!"

Under-12s are off to a flyer

COWBRIDGE Town under-12 A team have got away to a flying start to the season with three wins out of three by 13–0, 9–2 and 8–3 margins.

Striker Harrison Stevens seems to have his shooting boots on as he has already hit the net nine times and is running defences ragged with his strength and pace.

Sammy Lee and Sean Davies are flying down the right wing and getting in behind defences, while James Holder has done exactly the same on the left, as well as linking well with Duncan Ace, who is certainly living up to his surname!

The heartbeat of the team, the midfield trio of David Bear, George Day and Luke Jeffries, is running like a slick oiled engine, while at the back there have been great performances by Tom Williams, Tomos Evans-Williams, Tom Bainbridge-Glover and Will Smith.

Finally, holding the most important position of all is Henry Jones, who has been fearless and outstanding between the posts in all three games.

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02 **02 MG ZS 2.5 180.** In anthracite black, with monaco ash interior with red inserts, alloy wheels, a/c, cd, colour coded bumpers, front fogs, alarm and immobiliser, only 62,310 miles.....**£2,795**

00 **W LEXUS IS200 2.0 Sport 4-Door Saloon.** In Strathcarn blue with Oakham suede/leather interior, multi-CD, electric heated seats, electric sunroof, air con, only 57,280 miles **£4,495**

FAMILY

08 **08 VAUXHALL Astra 1.6 Breeze 5-dr** in star silver met with tabita charcoal interior, alloy wheels, climate control, trip computer, body coloured bumpers, only 10,800 miles.....**£8,995**

08 **08 VAUXHALL Agila 1.2 16v Club (a/c) 5-dr hatchback.** In steel silver with atlanta blue interior, air con, cd, electric windows, abs, colour coded bumpers, only 12,670 miles **£6,795**

07 **57 NISSAN QashQai 2.0dCi Tenka 5-dr AWD.** In pearl black metallic, with full graphite leather interior, alloy wheels, climate control, cruise control, cd with bluetooth, heated seats, rear parking sensors, panoramic sunroof, only 37,267 miles **£15,995**

07 **57 TOYOTA Auris 1.6 VVT-iTR 5-dr hatchback.** In decuma grey with lava black interior, air con, alloy wheels, cd, colour coded bumpers, isofix, service history, only 38,710 miles.....**£7,695**

07 **07 RENAULT Clio 1.4 16v 98 Dynamique 5-dr Hatchback.** In mercury silver with carbon sport interior, air con, CD, front fogs, alarm, only 15,060 miles **£7,295**

07 **07 RENAULT Megane 1.5 dci 106 Dynamique 5-dr 6 speed estate.** In mercury silver with dark carbon interior, electric panoramic sunroof, alloy wheels, cd, colour coded bumpers, only 59,200 miles.....**£6,995**

07 **07 VAUXHALL Vectra 1.8VVT (140PS) 5-dr Hatchback** in metro blue with Duke/Elba charcoal interior, air con, alloy wheels, cruisecontrol, alarm, only 27,400 miles.....**£6,995**

06 **06 FORD Focus Zetec Climate 1.8 TDCi Diesel 5-dr Hatchback.** In black with dark interior, alloy wheels, air con, CD, colour coded bumpers, only 61,199 miles, quick clean screen.....**£6,995**

06 **06 FORD Mondeo 2.0TDCi 115 5-dr Hatchback.** In silver with charcoal interior, rear parking sensors, cd, quick-clear windscreen, a/con, only 45,980 miles.....**£5,995**

06 **06 FIAT Grande Punto 1.2 Active 5-dr Hatchback** in psychedelic azure blue met wth drop grey interior, colour coded bumpers, cityy steering, electric windows, only 39,289 miles **£4,495**

06 **55 FORD Focus 1.6 115 Sport 5-Dr Hatchback.** In moondust silver with Humy dark flint interior, alloy wheels, air con, CD, colour coded bumpers, only 54,100 miles.....**£5,495**

05 **05 NISSAN Terrano 2.7 SE TD+.** In silver with charcoal interior, cd, alloy wheels, 7 seats, side step, only 41,630 miles **£6,995**

05 **05 HONDA Civic 1.7 CDTi** in magnetic blue with hatch fabric interior, alloy wheels, air con, cd, colour coded bumpers, only 55,130 miles.....**£6,495**

04 **54 CITROEN C3 stop&start 1.4 5-dr Automatic Hatchback.** In silver with blue velour interior, air con, cd, alloy wheels, only 29,920 miles **£4,495**

04 **04 TOYOTA Avensis 2.0 VVTi T-Spirit Auto 4-dr Saloon.** Silver fern, st moritz charcoal leather, map gps nav system, climate, cruise, electric seat adjustment, only 55,065 miles **£5,995**

04 **04 FORD Focus 1.6i 16v Zetec 5-dr Hatchback.** In panther black with Saloman black interior, climate pack which includes air con and quick clear heated front screen, alloys, colour coded bumpers, only 83,060 miles.....**£4,395**

04 **04 FORD Focus 1.6i 16v Ghia 5-Dr Hatchback.** In moon dust silver with dark interior, alloy wheels, quick clear windscreen, CD, colour coded bumpers, rear parking sensors, only 48,120 miles.....**£3,995**

03 **03 AUDI A3 2.0 FSi SE 3-Dr Hatchback.** In silver with black Metrix interior, Audi symphony CD, cruise control, digital climate control, armrest, only 58,900 miles **£6,495**

03 **03 HONDA Civic Type S 5-dr** in clover green met with half leather sports seats, climate control, alloy wheels, rear spoiler, full Honda service history, only 36,030 miles.....**£4,995**

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02 **51 TOYOTA Corolla 1.6 VVTi GLS Automatic 5-dr.** In Atlantis blue metallic with hocney interior, alloy wheels, air con, sunroof, cd auto-changer, body coloured bumpers, only 34,790 miles.....**£2,995**

01 **51 MERCEDES Benz A-Class 1.4 A140 Avantguard 5-dr hatchback.** In red with slate grey half leather/cloth interior, cd, ipod connection, air con, alloy wheels, service history, only 47,790 miles **£3,995**

01 **Y LANDROVER Freelander 1.8 GS 3-dr hard top** in Blenheim silver with smokestone interior, alarm, alloy wheels, air con, cd, only 68,220 miles.....**£3,495**

SMALL

09 **09 VAUXHALL 1.4 16v Design (a/c) 5-dr Automatic Hatchback.** In black with black interior, cd, alloy wheels, electric mirrors and windows, auto dipping rear view mirror, only 8,020 miles.....**£10,995**

08 **58 VAUXHALL Corsa 1.2 16v Design (A/C).** 5 door in ice blue with dark interior, air con, MP3 input, colour coded bumpers, front fog lights, only 19,950 miles.....**£7,995**

08 **58 CHEVROLET Matiz 1.0 SE+ 5-Dr Hatchback.** In mighty blue with blue interior, air con, CD, central locking, colour coded bumpers, only 25,560 miles.....**£4,495**

08 **08 FORD KA Studio.** In panther black with cascade interior, immobiliser, CD, drivers airbag, central locking, only 32,349 miles **£4,995**

07 **07 RENAULT Clio Dynamique 1.4 5-dr Hatchback.** In silver with black interior, alloy wheels, colour coded bumpers, fog lights, only 37,550 miles **£6,495**

07 **07 VAUXHALL Corsa 1.2i 16v life (a/c) 3-dr hatchback easy tronic.** In metro blue with punch cloth charcoal interior, electric mirrors, air con, immobiliser, service history, only 17,900 miles.....**£6,495**

06 **56 VAUXHALL Corsa 1.2 16v SXi+ 3-Dr Hatchback.** In sapphire black with splice/leather black interior, alloy wheels, privacy glass, colour coded bumpers, CD, only 52,320 miles.....**£3,995**

06 **06 RENAULT Clio 1.2 16v Extreme 3-dr Hatchback.** In platinum silver with grey interior, alloy wheels, steering wheel mounted audio controls, colour coded bumpers, CD, only 19,860 miles.....**£4,995**

05 **55 VAUXHALL Corsa 1.0i 12v Life 3-Dr Hatchback.** In purple spell with Orleans charcoal interior, CD, power steering, immobiliser, body coloured bumpers, only 29,820 miles.....**£3,495**

05 **05 RENAULT Clio 1.2 16v Dynamique 3-Dr Hatchback.** In Nautical blue with black interior, front fogs, sunroof, colour coded bumpers, power steering, only ???? miles **£3,495**

04 **54 MINI 1.6 Cooper (Pepper pack) 3-dr Hatchback.** In purple with white roof, black interior, 8 spoke alloy wheels, a/c, cd, front fogs, e/front windows, only 39,760 miles.....**£7,995**

04 **53 VAUXHALL Corsa 1.2 16v Active 3-dr Hatchback.** In ultra blue with points charcoal interior, air con, colour coded bumpers, CD and alloy wheels, only 62,825 miles.....**£3,395**

04 **04 FORD Ka 1.6 Sport 3-dr Hatchback.** Magnum grey with streetline dark interior, colour coded bumpers, front fog lights, electric windows, alloy wheels, cd, only 40,955 miles **£3,895**

03 **03 RENAULT Clio 1.2 16v Expression 5-dr Hatchback.** In capsicum red with grey interior, CD, sunroof, power steering, service history, only 58,105 miles.....**£3,295**

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02 **51 ALFA ROMEO 1.6 T-Spark Lusso 3-dr Hatchback** in Alfa red with elegant velour interior, alloy wheels, air conditioning, I-pod connection, colour coded bumpers, only 79,085 miles.....**£2,995**

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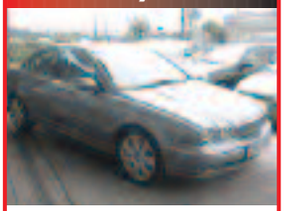

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05	**FORD Street Ka.** Silver, one owner, low mileage, very attractive convertible	REDUCED BY £1000 TO £3,995
05	**ALFA ROMEO 147 1.6 Lusso 3-dr.** In met blue, 56,000 miles, a/c, alloys etc	£3,995
04	**FORD Street Ka Luxury.** In monza green with cream leather trim, 46,000 mile convertible	£3,995
02	**PEUGEOT 206 2.0 Convertible.** Electric blue, 59,000 miles, host of extras	REDUCED BY £700 TO £3,995
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GMFV (Optional Final Payment)	£3174.00
Mileage per Annum	9000
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Amount of Credit	£7695.00
Total Charge for Credit	£1319.44
Total Amount Payable by Customer	£9514.44
GMFV (Optional Final Payment)	£3396.00
Mileage per Annum	9000
Excess Mileage Charge	6p per mile

*on the road includes customer deposit allowance, only available with Ford Credit at 7.9% APR typical on 3 year options.

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NIL DEPOSIT
£170 per month - 36 months

FORD New Ka Zetec 1.2 8V Duratec (69PS)

On The Road Price	£8895.00
Deposit Allowance	£500.00
Amount of Credit	£8395.00
Total Charge for Credit	£1440.36
Total Amount Payable by Customer	£10335.36
GMFV (Optional Final Payment)	£3723.00
Mileage per Annum	9000
Excess Mileage Charge	6p per mile

*on the road includes customer deposit allowance, only available with Ford Credit at 7.9% APR typical on 3 year options.

£8,995 ON THE ROAD*

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FORD New Fiesta Edge 1.25 Petrol (60PS)

On The Road Price	£9495.00
Deposit Allowance	£500.00
Amount of Credit	£8995.00
Total Charge for Credit	£1541.40
Total Amount Payable by Customer	£11036.40
GMFV (Optional Final Payment)	£3978.00
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GEM sport

Another tough week but still unbeaten

TOWN TOP OF PILE, BUT EQUALISER TAKES GLOSS OFF

COWBRIDGE Town FC retained their unbeaten record for the season, but suffered a late setback after another testing double-headed fixture week.

The first of Town's encounters came at home to a young St Athan side at Cowbridge Bear Field on Tuesday, September 7.

Cowbridge immediately began to dictate things in midfield and goals quickly followed, with Jack Gavin netting a first half hat-trick and Lloyd Lewis and Luke James adding one each to put Town into a 5–0 lead.

The match seemed all but won inside 40 minutes, and despite St Athan providing plucky resistance via a headed goal at the back post, the half time score of 5–1 reflected the balance of the match.

The second half continued in the same manner, with Town controlling things throughout.

Despite other chances, the red and blacks only managed to add one more goal, as a powerful effort from Lloyd Lewis left the St Athan keeper helpless.

The match ended 6–1 and reflected the dominance of the home side.

The second match of the week came again at home on Saturday, this time against a competitive Sully Sports outfit.

The match was a far more even contest but Cowbridge once again showed their clinical side, as they broke the deadlock thanks to a powerful Gethin Still shot.

The match remained a tight contest however, and Sully found their way back to parity via an unfortunate own goal by Town right back Philip Harris.

Neither side were managing to gain a firm hold over the game, leaving the sides on level terms at the break.

The second half saw Cowbridge begin to gain more control over the match as the midfield began to show their superiority.

Luke James threatened with fizzing shots from the left hand side and Gethin Still headed just over as chances began to come for the home side.

The goal eventually came after a well-executed delivery from centre half Mark Rollings found Gethin Still unmarked at the back post to head across goal and take Town clear.

Town looked to take the tempo out of the game from that point and, although goalkeeper Ian Bavey made two good stops, it looked as though Cowbridge were set to continue their faultless start.

It wasn't to be, however, as with two minutes left on the clock a cross broke to an onrushing Sully midfielder, who dispatched his effort past the despairing efforts of Ian Bavey and two Town defenders.

Despite this setback, Cowbridge remain top of the pile, and are yet to taste defeat in their new league.

The next fixture is on Saturday at the Leisure Centre, Cowbridge against Cadoxton Barry, kick-off at 2.15pm.

MR

First XV come home from 'up north' empty-handed

COWBRIDGE first XV travelled north to Cefn Coed last Saturday, returning with a 36–0 loss.

Cefn had strengthened their team in the close season, but at half time, although the score was 12–0, Cowbridge had seen four penalty chances drift wide and come close to a try themselves.

Cefn exerted further pressure in the second half, running out worthy winners.

In a pack that had gone very well, the back row of Tom Llewellyn, Steve Birchenough and Luke Boys were excellent.

It was good see Jordan Thomas back in action after his serious injury last year, and congratulations to Dai Nicholson on his debut for the club.

The seconds were unable to play because injuries and unavailability in the first XV meant that players had to step up, leaving the seconds short.

Hopefully this weekend they will get a start as they take on Tongwynlais away, while the first team entertain St Albans at home, kick off 2.30pm.

All support for this fixture would be much appreciated.

The youth played Llanishen in the cup and lost 3–57, with Cowbridge's points coming from Mike Lloyd.

Although it was a scoreline heavily favouring Llanishen, it should be said they are two divisions above Cowbridge with a number of young stars in the team.

Cowbridge battled to the end and it was great to see that they were together after the match, determined to give a good account of themselves in the league, which should start soon.

RV/RK

Under-13s put on a spectacle

COWBRIDGE Town Warriors under-13s and Sully B put on a fantastic display of entertaining football.

For the Warriors, Jo Treharne grabbed four goals, and could have scored more, with Alfie Sanderson, Eugene Richards, Ryan Thomas and Dan Oddy all on the score sheet.

It would be unfair to pick out the names of those whose efforts and hard work created these chances, suffice to say the Warriors are playing as a team.

Sully B also gave a determined effort with Leon Appiah scoring a hat-trick and they kept the pressure on Cowbridge till the final whistle.

One special mention for a Cowbridge player seemingly overlooked this time for the district squad, Dan Oddy - a very special player indeed.

RO

Ladies doubles finalists – Alison, Charlotte, Jane and Nonie.

Tennis tournament proves to be a 'smashing' success!

Mixed doubles – Ian and Caroline.

Men's singles – Ian and Allan Duggan.

Singles finalists – Louise Hailstone and Alison Kurobasa.

COWBRIDGE Tennis Club held their annual tournament on Sunday.

Around 30 players took part in the doubles tournaments which progressed throughout the day, and all the finals turned out to have a family connection.

Mother and daughter partners Alison and Charlotte Kurobasa won the final of the ladies doubles against Jayne Wilby and Nonie Hempson.

For the men's doubles and mixed doubles competition, father and son Allan and Ian Duggan, were drawn on opposing sides and won through to face each other in both finals.

The men's doubles winners were Ian Duggan and Dick Feeley, beating Allan Duggan and Colin Nunn.

In the mixed final, Ian Duggan and Caroline Summers beat Allan Duggan and Julie Couzans.

The early rounds of the singles events had taken place over the summer with the finals left to be decided.

The singles finals at Cowbridge provided a closely fought competition. Once again, the Duggan family were in action with Ian beating his father Allan (who captains the Welsh veterans team) to claim his third trophy of the day.

It was a wonderful show of tennis between both players, with youth triumphing over experience in the end.

In the ladies final, Alison Kurobasa and Louise Hailstone had an epic battle, with both players winning a set and Alison just edging ahead in a third set tie-break to take the title.

The annual tournament was a great showcase to mark the end of a successful summer season, where both the men's team and ladies first team gained promotion in the Summer Doubles League.

Tennis is a year-round sport at Cowbridge LTC and the club has four senior teams entered in the winter leagues starting soon. The junior coaching sessions on Thursday and Friday evenings, with LTA coach Steve Richards, will be running through to Christmas.

AK

Junior squash players wanted

COWBRIDGE junior squash have started their new season, and with a few of last years youngsters moving on, have the resources to take on some new members.

Any youngsters, male or female, between the age of 7–14 are welcome to come along on a Saturday morning to enrol.

Our two qualified coaches, Nial Sloan and Julie Clode, are happy to add to our numbers this season.

Coaching is held every Saturday morning between 10am and midday and all rackets, etc., can be supplied by the club.

A small weekly fee is payable and juniors must become members of Cowbridge squash club.

Any further information can be gained from Niall on 01446 775774 or Clive Prigg on 01446 773729.

CP

Visitors most welcome

All Meals £5

- Home-made Beef Lasagne
- Spinach and Mascarpone Lasagne
- Chicken and Bacon Melt
- Chefs' Chicken Curry of the Day
- Thai Red Vegetable and Coconut Curry
- Chicken Breast with Red Wine and Mushroom Sauce
- Local Pork and Leek Sausages
- Leek and Caerphilly Cheese Glamorgan Sausages
- Braised Steak and Mushroom Pie
- Stilton, peppered Mushroom and Onion Suet Pudding
- Hand carved Ham and free-range Eggs
- Deep-fried Scampi with Tartare Sauce
- Battered Cod and Chips
- Salmon and Dill Fish Cake with creamy Spinach Sauce
- Salad of the Day

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